

Attorney honored for legal help for poor.

News, Page 2A

Bread rises to the occasion to wrap up hearty appetizer.

Food, Page 1C



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Granite City Journal

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VOLUME 20, NUMBER 8

WEDNESDAY, JANUARY 31, 1996

FIFTY CENTS

Feb. 19 last day to register

Feb. 19 is the last day to register to be eligible to vote in the March 19 primary election.

Voters can register at or with the following in Madison County:

Edwardsburg:

Feb. 3 and Feb. 9 — Stay at Home, 212 Troy Road, 10 a.m. to 4 p.m.

Feb. 5-6 — SIUE University Center, 11:30 a.m. to 4:30 p.m.

Feb. 17 — Kmart, 2120 Troy Road, 10 a.m. to 4 p.m.

Weekdays — County Clerk's Office, 157 North Main, Suite 109, 8 a.m. to 5 p.m., Monday through Friday; City Clerk's Office, 157 North Main, Avenue, 8 a.m. to 5 p.m., Monday through Friday.

Granite City:

Jan. 27, Feb. 10 and Feb. 17 — Kmart, 3655 Nameoki Road, 10 a.m. to 5 p.m.

Weekdays — Judy Whitaker, City Hall, 2000 Edison Avenue, 9 a.m. to 5 p.m., Monday through Friday.

Madison:

Weekdays — Township's Assessor's Office, 910 Madison Avenue, 9 a.m. to noon and 1 p.m. to 4 p.m., Monday through Friday.

Nameoki Township:

Helen Hawkins, 4250 Highway 162, Granite City, by appointment 757-6009 or 931-1230.

Pontoon Beach:

Weekdays — Mary Rowden, village hall, 3910 State 111, 8 a.m. to 5 p.m., Monday through Friday.

Venice:

Comptroller's Office, 329 Broadway, 8 a.m. to 4 p.m., Monday through Friday.

Secretary Of State Drivers License facilities: Granite City: 1815 Edison, 8 a.m. to 4:30 p.m., Tuesday through Saturday.

College students can take advantage of the places of registration listed above to be eligible to vote in the primary.

A voter registration applications and information may be secured from the office of Madison County Clerk Debbie Saltich.



(Staff photo by JOHN SWISTAK JR.)

Patman a kid at heart

Imagination spurs radio disc jockey

By Ellen Drenkhahn
Correspondent

Patrick Clark burst onto the radio disc jockey field about five years ago on a unique radio station designed for listeners 10 years of age and younger.

It was the Imagination Station, and Clark was just barely older than the listeners he conversed with daily.

"I was a junior at Southern Illinois University at Edwardsville, studying music, when the Imagination Station came on the air. I kept sending them demo tapes until they hired me," recalled Clark, of Edwardsburg.

The Imagination Station is no longer on the air, but the concept of

Profile

kids' radio survived and so did Clark's career as an air radio personality. He is best known to his listeners as Patman, but he also developed several other personalities.

Patman, who can be heard in the 3-7 p.m. time slot on 95.1 FM, WTRK-FM, Radio Fun Radio, serves times as E the Doughnut Delivery Man, Professor Knowsalo, the Pat Computer, and The Weatherdude.

Clark did not envision becoming a kids' radio DJ when he was in

(See PATMAN, Page 6A)

Black history celebration

In observance of Black History Month, the Belleville Area College Minority Transcultural Black Affairs Council will be holding an African Ethnic Fashion Show and luncheon from 11 a.m. to noon Monday in the Eagle's Nest, next to the cafeteria at the Granite City Campus, 4950 Mayville Road.

Open to the public, the "soul food" luncheon, including fried chicken, greens and all the trimmings, will last until 11:30 a.m. Program features the entertainment of local models in modern African ethnic garments from Myra's Ethnic Fashions to strum the runway as the meal progresses. From 11:30 a.m. to noon, state Sen. James Clayborne will be on hand to speak on issues of cultural diversity.

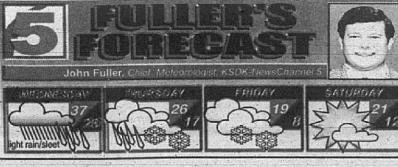
BAC students who will serve as models include Angelique Brown of Venice; Jodee Gillespie of Venice; Debra Lowery and her daughter, Melania, both of Madison; Dante McCottrill of Granite City; Rolissa Pointer of Venice; and Reginald Strode of Granite City.

(See HISTORY, Page 6A)

In the Journal

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(Staff photo by JOHN FRESE)

Amazing — Scott Isringhausen of the Illinois Department of Natural Resources shows fourth-grade students at Froholt School the wing of a bald eagle that was killed when struck by an automobile on Illinois 3. If the wing was extended, it might reach over 3 feet, as an eagle's wing span is from 6 to 7 feet. More photos on Page 8A.

Irwin Chapel
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Hospital receives state grant

St. Elizabeth Medical Center was recently awarded a \$6,478 Secretary of State Literacy Grant for Project Future Horizons.

The grant will provide money for the medical center's organizational training and development department to plan an associate training program with assistance from Belleville Area College's Business Assistance Center.

"This project will allow medical center associates the opportunity to upgrade educational skills needed in the workplace," said Donna Fisher, director of Organization Training and Development.

"The college will also provide a task analysis and a confidential educational assessment to determine the types of training needed," she said.

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- Member - American Chiropractic Association
- Member - Illinois Chiropractic Society
- Granite City Born and Raised
- 29 Years of Family Practice

- Dr. Otto Reiner Scholarship Award — Logan Chiropractic College
- First in Class Chosen to be Teaching Associate in Chiropractic Department
- On Staff of Wood River Township Hospital
- Member - Parker Chiropractic Research Foundation
- Member - American Biomechanical and Bioengineering Association
- Member - International Chiropractic Association
- Granite City Born and Raised

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■ **RIGHT WEIGH**, 12-Week Adult Weight Control/Loss Program, Feb. 8 - April 25, Thursdays. Choose 9-10 a.m. or 6-7 p.m. class. No special foods/supplements to buy. Fee includes manual, body fat analysis, recipes, and more. Call extension 1156.

■ "How to be Heart Smart," Monday, Feb. 12. At 6 p.m. visit hospital's Heart Information Center and exhibits about heart care and heart-healthy eating; at 7 p.m. program, learn about heart disease and how to be "heart-smart" from Cardiologist Daryl Jacobs, M.D. To register call extension 1575.

■ **Healthy Heart Screenings**, 10 a.m. - 1 p.m., Feb. 13 & 14, Free blood pressure screenings; Cholesterol Screening (\$8) - offered Feb. 14 only. Sponsored by St. Elizabeth's Hospital Wellness Programs and Belleville Area College Fitness Lab. (Screening at BAC, near cafeteria). No registration needed.

To register call 234-2120 + extension number shown above.

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Earthquake preparedness

Agency prepares for damage quake could cause here

It's a matter of geology. Sooner or later, a powerful earthquake will hit southwestern Illinois, causing property damage, injuries and deaths.

Illinois is just north of the New Madrid Fault, the most active earthquake area in the Midwest. Six earthquakes rolled through the area in 1811, 1812, 1843 and 1895.

"In 1811 and 1812, there were

at least four earthquakes of a magnitude greater than 8.0 on the Richter Scale," said Charles Cutrell, earthquake program manager for the Illinois Emergency Management Agency. "That size earthquake will cause a lot of damage. It will damage almost any structure no matter what it is built of."

The good news is that such earthquakes are not common.

Geologists believe there were only two such quakes associated with the New Madrid Fault in the 2,000 years before 1811.

But they also say earthquakes of a magnitude of 6.5 to 9.7, like recent destructive quakes at Northridge, California and Kobe, Japan, are likely to occur here every 70 to 100 years on average. The last such quake on the New Madrid Fault was in 1895.

There is a 40 to 60 percent chance of an earthquake of a magnitude of 6.0 or greater within 15 years," Cutrell said. "That's what we're preparing for."

Earthquake preparedness education is a year-round job for emergency services agencies, but it got special attention statewide earlier this month during Earthquake Preparedness Week, declared by Gov. Jim Edgar.

Cutrell said newspaper articles, public service announcements, television and radio and television interviews help spread the word.

"We have put together several packages of materials for schools, hospitals and emergency management coordinators," he said. "We

urge them to review what they could do to better plan for earthquakes."

Madison County enters the New Year better prepared than ever to cope with a damaging earthquake.

Last year, an earthquake management center was set up by the county's Emergency Management Agency and the county Administration Building in Edwardsville. It was activated in an earthquake drill Oct. 30.

Amateur radio equipment and five additional emergency telephone lines were installed. In a disaster, representatives of the Sheriff's Department, county health department, supervisor of assessments' office, hospitals and the American Red Cross will have their own dedicated lines.

This year, the agency will promote a family earthquake protection program in cooperation with community organizations, beginning with the Neighborhood Watch program.

"Most of the general public is complacent," county EMA Coordinator Jack Quigley said. "We recommend preparations to take care of a family for at least 72 hours."

— From the Alton Telegraph

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**Tips on stocking
disaster supply kit**

Preparing for an earthquake or other disaster needn't be difficult, experts say.

"Most people have some canned food in their homes," said Charles Cutrell, earthquake program manager for the Illinois Emergency Management Agency. "They just need to add a few other things. It wouldn't take much effort to prepare for at least 72 hours."

EMA recommends that a disaster supplies kit include non-perishable food, water, a flashlight, battery-operated radio, extra batteries, medicine, first-aid kit and extra clothing.

Develop a family disaster plan and decide how and where family members will reunite if separated.

Choose an out-of-area friend or relative that separated family members can call to report their locations and conditions.

Keep a safe kit in each room — under sturdy tables, desks or against inside walls.

Know the danger spots — windows, mirrors, hanging objects, fireplaces and tall, unsecured furniture.

Learn how to shut off gas, water and electricity if lines are damaged.

Secure water heaters and appliances that could move enough to rupture lines.

In a store or other public place, do not rush for exits and move away from display shelves that have objects that could fall.

In a vehicle, pull to the side of the road as soon as possible, but do not stop on bridges or under overpasses.

If outside, move to an area away from trees, buildings and power lines or go to an available shelter if an open area is available. If in a sidewalk next to a building, dash into a doorway for protection against glass and other falling debris.

IT PAYS TO READ THE JOURNAL CLASSIFIEDS!

**The Most Reverend
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Bishop of Belleville
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The Sixth Annual Benefit
Featuring Georgia Costello

Honoring
Fred & Mary Huskey
Rev. John W. McEvilly
Mark Eckert

Saturday, February 24, 1996

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5:00 p.m. Cocktails • 6:00 p.m. Dinner • 8:00 p.m. Program

I plan to attend...

The Sixth Annual CSS Benefit with _____ person(s).

Open seating except for reserved tables.

\$35 per person

Name _____

Street _____

Phone _____

City _____ State/Zip _____

Amount Enclosed

Make all checks payable to: Catholic Social Service

RSVP by February 12, 1996

I am unable to attend, but would like to make a donation, my check is enclosed.

I am interested in placing an ad in the Benefit program book.

For more information call (618) 277-9200 ext. 129.



Catholic Social Service
617 South Belt West
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LOCAL NEWS



(Staff photos by JOHN FRESE)

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DEADLINE: Noon Thursday, February 8th

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New Shipments Arriving Weekly - The Best in... Selection • Name Brands • Top Value

Route 66 group seeking fame nominees

The Route 66 Association of Illinois is seeking nominees for 1996 induction into its Hall of Fame.

Nominations are open through Feb. 29 and will be sent to Tom Teague, Route 66 Association of Illinois, 1208 W. Edwards, Springfield, Ill. 62704.

Induction ceremonies will take place June 8 in Springfield during the association's seventh annual motor tour.

New members will receive plaques and have exhibits dedicated to them at the Route 66 Hall of Fame in McLean.

"Route 66 turns 70 this year," said Teague,

the Hall of Fame's manager. "In its time, it showed us not only who we were as a country, but who we could be."

"At our Hall of Fame, we try to honor those people and businesses who best showed this spirit."

"The nomination process is simple. All we ask is for 250 words written about the nominee's specific place in the highway, with as many specifics as possible. Photos, newsclips and other memorabilia are also welcome. Nominations will be judged by a panel of historians and Hall of Fame members."

COME HELP US CELEBRATE

OUR 5TH BIRTHDAY

FEBRUARY 1ST

EVERYONE WELCOME

PLEASE STOP BY OUR MAIN OFFICE FOR CAKE AND PUNCH, THURSDAY, FEB. 1ST, 9AM TO 4PM.

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Wednesday

Granite City Journal

Sports

January 31, 1996—Page 1B

Free Installation
when you buy a Duralast Battery
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BASKETBALL

Granite City Park District wants to start a high school age basketball league.

Page 2B

Warriors edge Flyers in 61-56 conference win

Injured Jay Simpson inspired teammates

By Rob Raphael
Staff writer

The Granite City Warriors capped off their best weekend of the basketball season at the expense of the East St. Louis Flyers, as the Warriors took a 61-56 Southwestern Conference battle Saturday at Granite City.

Winless in the conference before the weekend, the Warriors (7-14) lifted themselves out of the cellar in one weekend's worth of work.

Meanwhile, East Side (3-12, 1-5) lost their seventh straight game, and the Flyers are now 10-13 overall after improving their game before the regionals begin in a month.

Ray Smith, who led the Warriors charge over the weekend with 51 total points, scored 24 of them against the Flyers. Smith also had game-high numbers in the rebounding department, where he grabbed 11 boards.

Jay Simpson added a courageous 18 points, including 16 in the first half. Simpson went down with an ankle injury in

the third quarter, but returned to valiantly play most of the final period.

"I'll carried us through the first half and then Ray came up with 11 points to carry us through the fourth quarter," said Warrior coach John Van Buskirk. "Of course, the other kids played well too, and that's what we got this weekend — just good play as a team."

Van Buskirk added he thinks the Warriors were inspired by

Simpson's performance.

"JAY SPRAINED HIS ankle a bit, but it's not real serious. Still, he was hurting, and coming back into the game showed a lot of character on his part. I'm proud of the way he came back in and toughed it out. Never once did he look over to me like he wanted to come out. And he was limping badly at times."

"I think the other kids said, 'Hey, if Jay can do it hurting like that, then I can do it too.'

The fact that the Warriors are playing so well did little to

console Flyers coach Dwight Howard.

"When I heard they were struggling a week or so ago, I figured by the time we faced them again on Friday, they'd turn it around, and it's obvious they have," he said. "They showed a strong inside game with Smith and (Dustin) Brewer, and they didn't have that before when we played them."

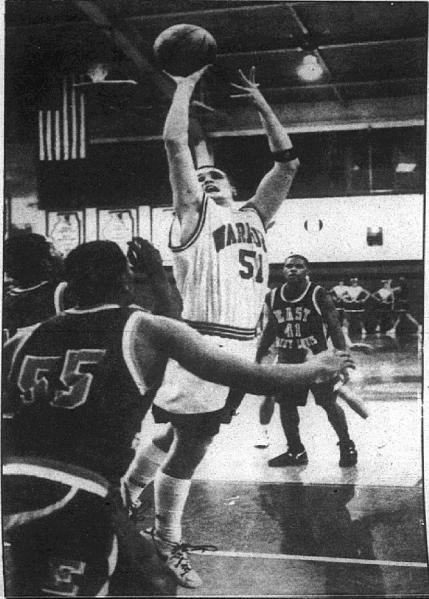
"We still played hard, but the bottom line is we didn't win. We're trying to keep our heads up."

The game was close throughout, with neither team ever leading by more than six points.

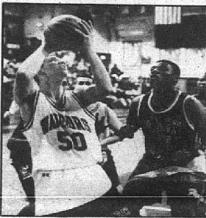
Steve Logan, who is making a habit of coming to the free throw line in the waning moments of a game, hit two crucial free throws with 13 seconds left in the game to give Granite City its 15th win.

Needing the points to tie, but with time enough for more than one possession, East Side drove down the court with the clock ticking. Lawuan Powell

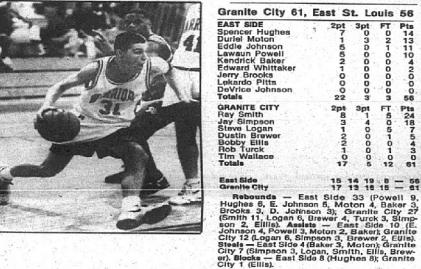
(See WIN, Page 3B)



(Staff photo by JOHN FRESE)



(Staff photo by JOHN FRESE)
Above, Granite City's Dustin Brewer goes for two. Right, Ray Smith.



Granite City 61, East St. Louis 56

Team	1st	2nd	3rd	4th	FT	Pts
EAST SIDE	15	14	18	12	—	59
Dwight Howard	5	0	0	14		
Dustin Brewer	6	0	1	10		
Lawuan Powell	5	0	0	10		
Kendrick Taylor	1	2	0	0		
Steve Logan	0	0	0	0		
Mike Wallace	0	0	0	0		
DeVince Johnson	0	0	0	0		
Tony Williams	0	0	0	0		
GRANITE CITY	22	23	21	12	—	61
Ray Smith	11	10	13	18		
Jay Simpson	16	14	14	18		
Dustin Brewer	12	0	0	10		
Lawuan Powell	10	0	0	10		
Rob Turck	0	0	0	0		
Mike Wallace	0	0	0	0		
Tony Williams	0	0	0	0		
Total	17	15	18	12	—	56
East St. Louis	15	14	18	12	—	59
Hughes S. E. Johnson S. Motion 4. Baker 3. Johnson 1. Smith 1. Brewer 4. Turck 3. Simpson 16. Wallace 10. Williams 10. Johnson 4. Powell 3. Motion 2. Baker 3. Granite City 22. Smith 11. Johnson 10. Baker 3. Steele — East Side 4. Baker 3. Motion 1. Granite City 1. Hughes 8. Johnson 1. Baker 3. Motion 1. Steele — East Side 8. Hughes 8. Granite City 1. Ballou						

IHSA tables proposed changes

Recommendations from the Illinois High School Association (IHSA) Football Advisory Committee to add two classes, and to change the manner in which playoff enrollments are determined were tabled by the Board of Directors at its regular meeting Jan. 22 in the IHSA Office.

The committee's recommendation was to expand the high school football classification system from six classes to eight, to eight. The committee said this action would allow more teams to compete in the playoffs and allow the scheduling of final games to be changed to four per day.

CURRENTLY, football is the only sport in the state that does not allow each participating school to enter the playoffs.

However, these recommendations, and other which would be impacted by them, were tabled by the board at a meeting last week to be done by the Task Force on Public-Private School Enrollments authorized by the board at its Dec. 4 meeting.

The members of the task force will be chosen in the near future, but will consist of seven public school principals, seven private school principals and seven athletic directors.

IN ANALYZING the football recommendations, the board concluded that action on the enrollment concept may be premature pending the upcoming work of the Task Force; and it was determined the concept of expansion in classes was predicated largely on a concern expressed in determining football enrollments.

The Football Advisory Committee report was one of nine advisory committee reports presented to the Board of Directors on Jan. 22. IHSA advisory committees meet once each school year, usually soon after the

A world of problems...

What's wrong with Cahokia's wrestling program?

By Rob Raphael
Staff writer

There was a wrestling match scheduled for Thursday night between Granite City and Cahokia. It should have featured two of the area's elite teams, and should have been quite a match.

But the meet didn't happen, and the reasons why are complex as society itself.

The bottom line is, Cahokia, among the area's strongest teams for many years, could not field a competitive team for the scheduled match-up with Granite City. In fact, Cahokia's team was not even present at its meet with Francis Howell North on Tuesday.

There simply aren't enough wrestlers eligible for the Comanches to attempt to compete in a dual meet.

That might have fallen. This is the same Comanches team which finished fourth in the state in dual competition in 1991 — the same team that has produced three individual state champions, two of them in this decade.

EVEN LAST YEAR, WHEN MANY OF the problems facing Cahokia were already prevalent, the school had two wrestlers finish in the state's top 10, and 152-pounder Titus Taylor

even placed second.

But with Taylor gone to college, the program has continued to slip further away from what it once was.

Cahokia's coach, Mark Kristoff, is in his second year at the Comanches. Kristoff comes from a wonderful family of wrestling, and he found success coaching at Parkway Central High School in St. Louis County.

But Kristoff inherited a world of problems when he came to Cahokia, including an increasing amount of transfers.

So without a full squad, Cahokia did not want to waste everybody's time by presenting a team with just four eligible wrestlers.

"THEY WOULD HAVE BEEN NO POINT in having all of their wrestlers make weight, and then end up forfeiting all but four of them," said Kristoff. "We would just be wasting everyone's time and money."

Trying to determine what has gone wrong with the program can be frustrating chore.

"We haven't figured it out yet," Kristoff

(See CAHOKIA, Page 3B)

Part 1 of 2

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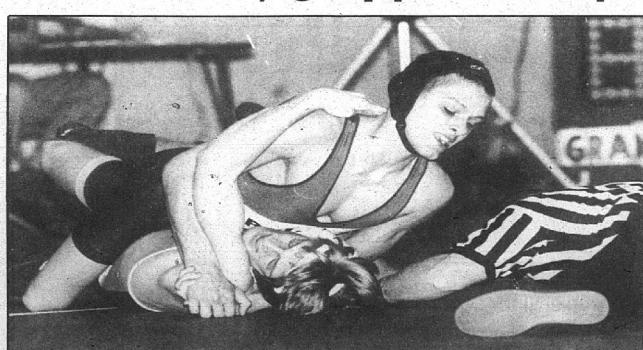
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"We haven't figured it out yet," Kristoff

(See CAHOKIA, Page 3B)

Granite City grapplers whip East St. Louis 77-0



(Staff photo by JOHN FRESE)

Bobby Chaulsett (119, above) along with Adame Dunnivant (103), John Kelly (112), and Jason Wilson (160) were denied tune-up opportunities Friday because of forfeited matches.

By Rob Raphael
Staff writer

The Warrior wrestling team wrapped up its regular season on solid note Friday by taking out East St. Louis 77-0 in a Southwestern Conference matchup at East Side.

The Warriors ended their regular season undefeated at 21-0, and will go on to represent the Belleville West Class AA regionals this Saturday.

The time for the early session Saturday is 10 a.m., which will include the round robin, semi-finals and wrestle-backs. There will be a break after that session, and the third-place and finals will get underway at approximately 2 p.m.

The weigh-ins will begin at 8 a.m. in the boys' gym locker room at West, otherwise known as Township High School according to tournament manager Mike Givens. Wrestling Director John Wehmeier

The Warriors are the overwhelming favorite to advance to the team sectionals; and several individual wrestlers are favored to advance to sec-

tional action as well.

Many of the Warriors tuned up in style for that tournament with resounding wins on Friday, while some others were either absent or given forfeit wins.

In all, the Warriors pinned eight Flyers, and took another technical fall victory.

Adame Dunnivant (103), John Kelly (112), Bob Chaulsett (119), and Jason Wilson (160) were denied tune-up opportunities Friday because of forfeited matches.

J. Janek Brooks Narvaez, wrestling in the 145-pound spot, picked up the technical fall win when he pounded Avin Davis 17-0.

Myke Glover stuck Shawn Williams in the 120-pound match, and Kevin Feigenbutz followed that with a 17-17 fall over Octavius Coleman at 130 pounds.

Jonas Janek (135) dropped (See GRAPPLERS, Page 3B)

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SPORTS

Sports shorts

Bowl for Kids' Sake
League bowlers are invited to participate in the 1996 Bowl for Kids' Sake event, sponsored by Big Brothers-Big Sisters of Southwestern Illinois in partnership with the Bowling Proprietors Association.

Participating bowling centers include Bowl Haven in Alton, Bowl Inn in Edwardsville, Rock River Bowl, Airport Plaza Bowl in Bethalto and Bel-Air and St. Clair Bowl in Belleville. League bowlers can get sponsors and scores will be taken from regular league games during the week of Feb. 15-24. Sponsors began soliciting Jan. 28.

Prizes for top money raisers include a computer, tickets for Kiel Center, two round-trip tickets to a Southwestern Airlines destination and a stay at a luxury condo in Chicago.

The money raised will be used to recruit screen and match volunteers with kids waiting for a Big Brother or Big Sister. A portion of the funds raised will also go to the Youth Bureau's School Program. Big Brothers-Big Sisters of Southwestern Illinois serves the children of St. Clair and

Madison Counties

For more information, contact a participating bowling center or call Big Brothers-Big Sisters at 465-4404 in Alton or 398-3162 in Belleville.

Fonthorne baseball clinic
Fonthorne College will be presenting a pitching and catching clinic for interested baseball players aged 10 years and older.

The clinic will be held at the student activities center on the Fonthorne campus from 6 p.m. to 7 p.m. Feb. 7. The clinic will be led by Fonthorne head baseball coach and Granite City native Darin Hendrickson and CBC head baseball coach Scott Brown.

The cost of the clinic is \$45 for the two evenings of instruction and all participants will receive a t-shirt. Athletes should bring practice baseball glove and proper catching gear. For more information, call 314-889-1466 or 314-963-9134.

Walton at Marquette

The Marquette Catholic Boosters, a non-profit organization, was formed in 1972 to help offset the costs of main

taining the Marquette High School athletic program. One of its biggest fund raising events each year is the Celebrity Dinner. Past guests have included Gerry Faust, Mike Shannon, Tom Lasorda, Dan Dierdorf and Ozzie Smith.

This year the organization is proud to have NBA Hall of Famer Bill Walton as the featured guest. Walton played 14 years in the NBA and four years at UCLA under coach John Wooden. Walton was a part of two NCAA championship teams and also two NBA championship teams.

The dinner will be held on Wednesday, Feb. 14, at the Lincoln Place Community Center. The dinner is set for 6 p.m. and dinner is set for 7 p.m. Individual donations are \$50, while table sponsorships are available for \$1,000.

For more information, contact Gary Cheek at 466-6465 or 258-2328; or call Joyce Hanlon at the Marquette Development Office at 463-0688.

High school league offered

The Granite City Park District would like to start a high school age basketball league. A minimum of four teams is needed to get the league started.

The league would be held at the Lincoln Place Community Center gymnasium on Thursday evenings at 7:45 p.m. and 8:45 p.m. each week for six weeks. The cost will be \$100 per team for six games and playoffs.

Pontoon leagues forming

The Pontoon Beach Khoury League Inc. is offering sign-ups for T-ball, baseball and softball leagues. The sign-ups will be held at the Pontoon Beach Village Hall on Illinois 111.

Signups will continue through the months of January, February and March, on Wednesdays and Thursdays from 6 p.m. to 8 p.m. Interested parents should bring birth certificate and photograph.

For more information, call 311-5477 or Tracy at 393-1291.

Youth league signups
The Granite City Park District is now taking sign-ups for boys and girls wanting to play youth baseball or ponytail softball. This does not include T-ball leagues.

Names are placed on a list and teams are formed from the list, or managers are needed to fill their team rosters from the list. Boys or girls who will be six years of age to 16 years may also have their names put on a list and every effort will be made to get them on a team.

Anyone interested in managing a youth baseball or softball team should also call or stop in the park office. Managers are always needed. For more information, call the Wilson Park office, 877-3059.

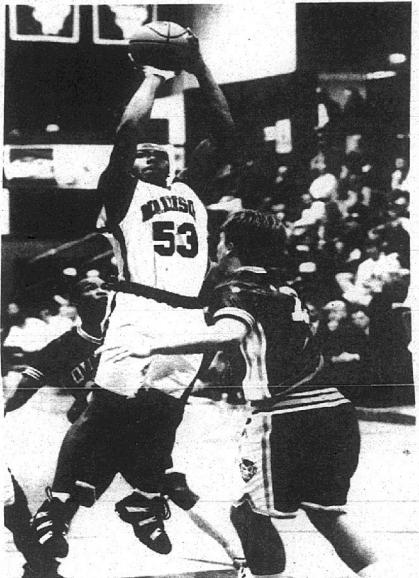
Basketball coaches needed
The Granite City Park District is planning to start a junior high school-age basketball program. But before the program can begin, the Park District needs to find there is a sufficient number of coaches who would be available to manage the participants.

The program would be held at the Lincoln Place Community Center gymnasium on Thursday evenings from 7:45 p.m. to 8:45 p.m. each week for approximately six weeks.

Volunteer coaches are an important part of any Park District recreational program, and without the coaches' time and effort, the children will have no opportunity to participate. Anyone interested should call 877-3059.

Spring flag football league

Budweiser will be hosting an 8-man spring flag football league. The league will run from Feb. 25 to April 14 in Belleville. Cash prizes will be (See SHORTS, Page 48)



Staff photo by JOHN FRESE

Trojan hoops — Madison's Kevin Bradley shoots from the field in a recent game.

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Quality depth spells win

It took just a first-night visit to the Belleville East boys basketball Invitational to confirm an opinion formed four seasons ago when Doug McCrary became the Lancers' coach.

Given quality depth, McCrary would indeed. On an evening when East roared with a 96-68 victory over O'Fallon, long forgotten will be the fact that winless O'Fallon led 23-19 early in the second quarter and might have been ahead by as many as 10 points had the Panthers connected on closer shots.

Not to worry when your team is among the area's scoring leaders with nearly 78 points per game. All McCrary did was shuffle in fresh bodies and end with a 29-point second quarter and 45-33 halftime lead.

The leader of the Lancer uprising was a sophomore named Doug McCrary whose 10 points left him third in scoring behind starters Erick Greene (20) and Lance Barnes (18).

Sure, it was Greene's slam dunk and subsequent block of a shot that ignited East's early surge, but McCrary and his defense had led to 12 Lancers scoring against the defending champions.

With Barnes and 6-foot-11 senior Tom Duff the only seniors on the East varsity,

Art Voellinger



McCrary would appear to be in the driver's seat at sectional tournament seeding time since his depth continues to increase. Ball movement, pressure defense and an up-tempo game thus allow the Lancers to overcome a height deficiency in that none of their players are over 6-foot-4.

Meanwhile, juniors Buddy Dye and Clint Stitzes and sophomore Josh Helbig lead a return from last year's regional championship team and gained one of their 1995-96 goals by winning the East Invitational.

No wonder McCrary has said: "We can be a good team."

OVERTIME: In contrast to McCrary, Belleville West coach Bill Schaefer said the Maroons have improved after a slow start due to "game experience."

"We lacked that at the start of the season," he said. "But we're improving from the junior varsity to (See OVERTIME, Page 38)

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BELLEVILLE AREA COLLEGE
BELLEVILLE GRANITE CITY RED EUD



(Staff photo by JOHN FRESE)

Venice hoops — Venice's Don Matthews in action recently. The Red Devils fell to 5-13 with last Friday's loss to Alton.

•Overtime

(Continued from Page 2B)

"varsity level," said Schmidt, who referred to a December Maroon victory at Collinsville as "total."

"That's when our players started to believe in themselves," said Schmidt.

Yet, it took a 30-point effort by Roy King, including his baseline 49 seconds to play to edge Jenerette, 60-50, in the first round at East.

The Class AA scoring leader at nearly 20 points per game, King IS the Maroon leader, but his teammates have improved his record for Schmidt to say: "I'd like to play Centralia again" of the team that downed the Maroons in a sea-

son opener.

NET NOTES: McCrary was a member of East Invitational championship teams in 1976 and '77. Seated side by side on opening night at East were former coaches of Maroon stars: Lloyd Elmire and West AD Al "Boots" Budde...Former West cheerleading coach Mrs. Merle Guthrie remains a loyal follower of Maroon sports as does former EHS School board member George Nold, a longtime keeper of East tournament statistics.

Among the persons contributing to the Invitational was scorekeeper Rita Menke, who can proudly point to two state title softball banners ('89 and '95) displayed in the East gymnasium.

•Grapplers

(Continued from Page 1B)

Dwight Boyd at the :23 mark, and David Thompson pinned Jessie Jones at the :09 mark in the 148-pound match.

After Narvaez' tech-fall win, Ike Newman, wrestling at 152, dropped John Waddy at the :46 mark. Wilson won by forfeit before John Venne quickly pinned Calvin Davis in just 25 seconds at 171.

Joe Scott, moving up to 189, pinned Shawn Nelson in 2:15, and Chris Jackson returned to form, putting Lenard Lewis on his back in just six seconds. It was Janek's second pin of the year.

Wrestler coach Mike Garland said recently that all of the wrestlers should be fine tuning their styles at this point of the season.

"They're done learning moves this time of the year. It's time to work on fixing faults and improving all of your assets. It's time to turn everything up and start refining what you already know."

baseball, who rate among the area's scoring (66 points) and defensive (53) leaders.

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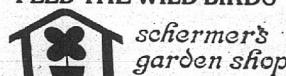
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SPORTS

•Shorts

(Continued from Page 3B)

awarded to the top three finishers. Space is limited, and the league is forming quickly. For more information call 277-4090.

Women's fastpitch softball
The women's open fastpitch softball league is now open in Hartville. Teams will play on Tuesday or Wednesday, starting in the spring.

The first eight teams will be taken. For more information, call Tony Zolmer at 331-4586.

Golden Gloves finals
Top amateur boxers in the St. Louis area will meet in the championship finals of the annual Budweiser/St. Louis Golden Gloves Tournament on Monday, Feb. 26 at Little Bit of Texas, 3590 Ryder Trail South in Earth City, Mo.

Championship bouts will decide 12 novice and open classes. The tournament begins at 7:30 p.m.

Open class champions will represent St. Louis in the National Golden Gloves Tournament during the week of March 18 in Cleveland. National champions will automatically enter competition to determine members of the U.S. boxing team for this summer's Olympics in Atlanta.

Tickets are \$15 ringside and \$10 for general admission and may be purchased in advance

by calling (314) 638-7987 or (314) 577-0645. Tickets also may be purchased at the door.

Mid-American Soccer Tournament
The Fairview Heights Soccer Club is seeking teams to play in its Mid-American Soccer Tournament, May 18-19. Each individual team applying will be assigned to 18 registered teams, which may include three guest players.

Age brackets include: U9 and U10 boys and girls (6v6, ages 9-11); U11, U12, U13, U14, U15, U16, U17 and U18 boys and girls. All participants must be registered with USYSA or USFSS affiliated teams. There will be a minimum of four games for each team, with a maximum of five games for teams reaching the finals.

Team and individual awards will be presented to the winner and runner-up in all brackets.

Tournament registration will be provided to all players.

The entry fee is \$200 for applications received and applications received before Feb. 15. Notification of acceptance will be mailed by March 15. Fees will be returned to teams not accepted. Any team withdrawing after acceptance will forfeit the entry fee.

Tournament organizers hope to draw 150 teams to the event. For more information, call Bob Bement at 277-8577 or Gary Bement at 277-8174.

International Sports Festival
The 1996 International Sports Festival, being held over Memorial Day weekend, has expanded its sports to include baseball, basketball and volleyball. Teams from Belgium in each sport will be present.

The IAF is looking for teams or athletes that are 17-18 or 13-14 years old to help host these international athletes and may include basketball, baseball and volleyball tournaments in Belleville and Fairview Heights. Exhibition games and clinics will also be held during their stay from July 2-5.

The IAF is looking for four local teams in each age group in each sport and will be inviting teams from four other states. Basketball and volleyball will be held in Fairview Heights and basketball will be held in Belleville.

Any interested team or athlete should call Kevin Whitworth at (314) 645-5496.

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Couples are urged to attend.**Kevin Konzen, MD, Internist**

Feb. 12, at 7 p.m.

Wiesman Room
2100 Madison Ave.
Granite CityDr. Konzen will discuss
Diabetes and Heart Disease.
Couples are urged to attend.

To register for either seminar, call 798-3201, before Feb. 5

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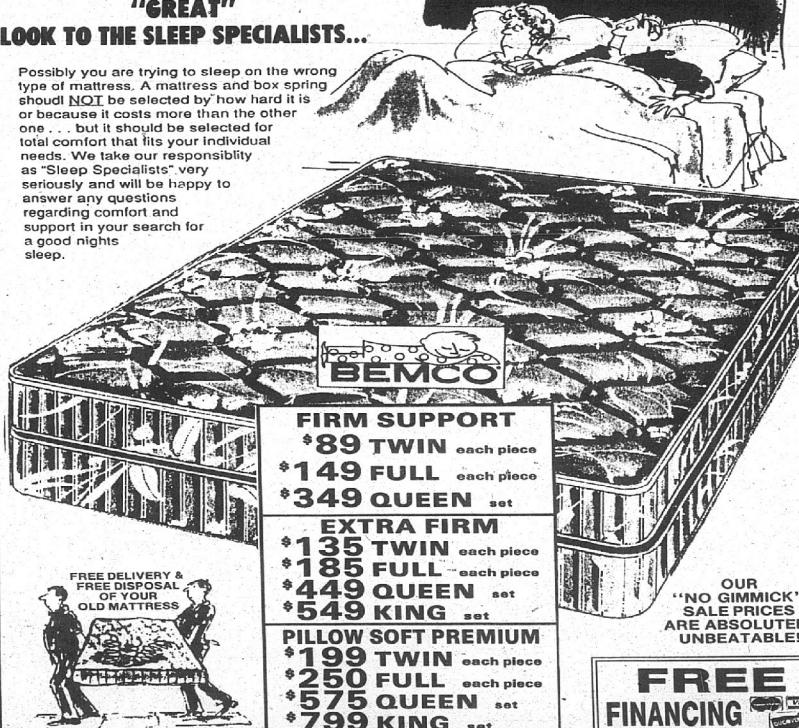
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Eden Village Apartments and Duplex Homes is a division of Eden Village, a not-for-profit organization affiliated with Eden United of Christ. Eden Village's Care Center provides skilled nursing and therapy services with a 99.1% Illinois Quality Assurance Rating.

Calendar

Our event calendar also includes entries for community groups and organizations. Such groups meet on the first Monday of the month, the first Tuesday of the month, etc. Readers are encouraged to call these groups if holidays or other days pose uncertainty.

Corrections, additions and deletions of information are encouraged, and new entries must be added at anytime by calling the newsroom at 876-2000.

This calendar runs in every Wednesday's Journal.

Wednesday, Jan. 31

Disabled American Veterans Chapter 53 will offer a service officer from 1 to 3 p.m. at the Tri-City Veterans Home, located at 1117 19th St., in Granite City. Call 876-7818 for more information.

Pulmonary Support Group, for persons with diagnosed lung conditions, 10 a.m. to 1 p.m. at the Edwardsville Sputumarium, St. Elizabeth Medical Center, 798-3018. Singles Connection will hold a meeting at 7 p.m. at the Edwardsville Imo's. Call 344-1393 for more information.

Al-Anon, 7:15 p.m. Gateway Foundation, 600 W. Lincoln Ave., Caseyville. Call 463-2428 for more information.

Alcoholics Anonymous, 11 a.m. and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Alcoholics Anonymous, 8 p.m., St. Elizabeth School's Noah's Ark Day Care, Pontoon Road, Granite City. The meeting is closed to the public, except Wednesday of the month.

Collinsville Area Recreation District in conjunction with the Boots and Slippers Square Dance Club will sponsor square dance lessons from 7 to 9 p.m. at Laramie, 2200 Vandilla St., Collinsville. The cost is \$2.50 per person. Per session. For information, call 344-1383 or 346-7529, or contact CARD at 346-7529.

Divorced and Separated Group Ministry, 7:30 p.m., Eden United Church of Christ, 906 Second Street, Edwardsburg, 656-9288.

Parents Anonymous Group, meets 6 to 8 p.m. For information on where meeting will be held, call Elaine Landolt, 602-2714.

Stress Management Class, 7 to 8 p.m. at Mental Health Services, 50 Northgate Industrial Drive, Granite City. For

people who want to know what their interests, how they affect their lives, and what they can do about it. For more information call 877-4420. Fees are based on a sliding income scale.

Madison Community Action Group, meets at 7 p.m. For more information call Dan at 452-2338 or Diane at 876-1360.

Thursday, Feb. 1

Behavioral Health System will hold a talk on "The Disease and Its Symptom" at 7:30 p.m. at St. Elizabeth's Edwardsburg Health Center, 1123 University Drive in Edwardsburg. The speaker will be Ellen Cowell, a licensed marriage and family therapist. This is free and open to the public. Call 798-3888 for more information.

Lion Club of Pontoon Beach meets at 3:30 p.m. at the Lion Den, 100 Main Drive in Pontoon Beach. Anyone interested in helping the visual or hearing impaired are welcome. Call Bob at 797-0747 for more information.

Chouteau Township Senior Citizens, 9 a.m. to 2 p.m., Social Center, 908 Thorngate Drive, Mitchell.

Eagle Park Acres Seniors of Madison County, 10 a.m. to 1 p.m. at 100 Hill St. (rear), Eagle Park Acres, Madison.

Alcoholics Anonymous, 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Alcoholics Anonymous, 11 a.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Take Off Pounds Sensibly Chapter 2363, 6:45 p.m. at Anchorage Recreation Center, 2909 Edwards St. For information, call 876-4383 or 876-2708.

Al-Anon, 8 p.m., Wellness Center, 2103 Iowa, 463-2429.

Narcotics Anonymous, 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Overeaters Anonymous, 7:30 p.m. at First Christian Church, 241 N. 89th St., Casper, Wyo. For information, call 1 (341) 638-7821.

Granite City Community Band rehearsals, 7:30 to 9 p.m. at St. John United Church of Christ, 2001 Nameoki Road, Granite City, 931-0442.

Friday, Feb. 2

Granite City Eagles 1126

Granite City Eagles Auxiliary 1126 escort team will hold a practice session at 7 p.m. in the Eagles Hall, 2558 Madison Ave. in Granite City.

Old Six Mile Historical Society will meet at 7 p.m. at Central Christian Church, 1200 Madison Ave. in Granite City.

The speaker will be Liz Briggs, legislation chairperson of SEMC hospital auxiliary and chairwoman of the hospital auxiliary. She will speak on the hospital auxiliary. Admission is free of charge. Refreshments will be served.

Granite City Youth Fellowship Board, 2257 Cleveland, 7 p.m., 931-3480 or 877-4848.

Camera Explorers Club, 143 Hawthorne St., 7 p.m., call Beverly Zager, 254-9394.

Alcoholics Anonymous, noon and 8 p.m., 2116 Club, 2116

Auxiliary will hold a dessert sale from 5 to 8 p.m. at the Eagles Hall, 2558 Madison Ave. in Granite City. Music for dancing will begin at 7 p.m. with John Reiter.

Greater Beneficial Union of Pittsburgh, District 49, Granite City Council, meets at 8 p.m. at the Knights of Columbus Hall, 4225 W. Alton, Ill. James P. Reagan, president, can be reached at 288-7396; and Mary Solomon, secretary, can be reached at 451-9201.

Sunday, Feb. 4

Madison County IRTA Unit III will meet at 11:30 a.m. at the Collinsville Library, 408 W. Main St. Food and refreshments are open and the public is invited.

Alcoholics Anonymous, 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Friday Afternoon Pinochle Club for seniors 55 and over meets at 12:30 p.m. at the Harald Brown Building, Franklin Avenue and Pontoon Road.

Call 877-0350 for more information.

STEMSS (Support Together for Emotional and Mental Serenity and Sobriety), a support group for people with emotional and mental problems and alcohol or substance abuse problem, meets from 1:30 to 2:30 p.m. at Pascal Hall, St. Elizabeth Medical Center, Call 798-3604 for more information.

Monday, Feb. 5

Disabled American Veterans Chapter 53 Auxiliary, 1417 19th St., Granite City, 876-816, 8 p.m. Granite City Eagles Auxiliary 1126 escort team will hold a practice session at 7 p.m. in the Eagles Hall, 2558 Madison Ave. in Granite City.

Old Six Mile Historical Society will meet at 7 p.m. at Central Christian Church, 1200 Madison Ave. in Granite City.

The speaker will be Liz Briggs, legislation chairperson of SEMC hospital auxiliary and chairwoman of the hospital auxiliary. She will speak on the hospital auxiliary. Admission is free of charge. Refreshments will be served.

Granite City Youth Fellowship Board, 2257 Cleveland, 7 p.m., 931-3480 or 877-4848.

Camera Explorers Club, 143 Hawthorne St., 7 p.m., call Beverly Zager, 254-9394.

Alcoholics Anonymous, noon and 8 p.m., 2116 Club, 2116

Narcotics Anonymous, Acceptance, 8 p.m., 2016 Delmar Ave., 24-hour hot-line 398-9409.

Rescue Mission, 1936 Fourth Street, food pantry is open from 9 a.m. to noon. Samuel Turner is the chairman, Valonda Turner is the secretary and Alfred Turner is the pastor.

Sunday, Feb. 4

The Pontoon Beach Jaycees regular meeting is held at 7:30 p.m. at Ralph and Charlotte's Steak House. The meetings are open and the public is invited.

Alcoholics Anonymous, 1:30 p.m. and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Narcotics Anonymous, Live the Steps, 8 p.m., 2016 Delmar Ave., 24-hour hot-line 398-9409.

Alcoholics Anonymous, 8 p.m., St. Elizabeth Medical Center, main floor, Granite City, 1 (800) 307-6600.

Eagles Auxiliary 1126 Bingo, 7 p.m. at the Nameoki Bingo Center. Also included will be a color raffle, 50/50 drawing free games and other raffles.

Overeaters Anonymous, meets at 2 p.m. in the third floor, St. Elizabeth Medical Center in Granite City.

Wal-Mart Senior Citizens, bingo, 7:30 to 8:30 a.m.

Edison, Granite City, 1 (800) 307-6600.

Al-Anon, 9:30 a.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Chemical Dependency Relapse Prevention group meets from 6:30 to 8:30 p.m. at the Edwardsburg Health Center, 1417 19th St., Granite City. The group focuses on eliminating relapse-prone thinking, feeling and behavior patterns and helping group members grow in sobriety. For more information, call 798-3888.

First Place, a Christ-centered nutrition program, meets from 6 to 7 p.m. at First Baptist Church, 2040 Delmar Ave. in Granite City.

Neglected Victims of Child Abuse, a support group for nonoffending parents of victims, meets from 6 to 7:30 p.m. at Southern Illinois University at Edwardsburg's Rape and Abuse Crisis Center.

TOPS 2048 (Take Off Pounds Sensibly), 6 p.m., Melvin Price Support Center in Granite City, 876-2124.

TOPS 2048 (Take Off Pounds Sensibly), 7 p.m., Anchorage Recreation Center, 2902 Edwards St., Granite City, 452-6102. Men and women welcome.

Alcoholics Anonymous, 8:30 a.m. and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Alcoholics Anonymous (women only), 8 p.m., Presbyterian Church, Mitchell, 1 (800) 307-6600.

Alcoholics Anonymous, 8 p.m., St. John United Church, 2901 Nameoki Road, Granite City, 692-8078.

Al-Anon, 8 p.m., St. John United Methodist Church, 2901 Nameoki Road, Granite City, 692-8078.

Alcoholics Anonymous, 8 p.m., Niedrighaus United Methodist Church cafeteria, 20th and Delmar, Granite City, 463-2429.

Alcoholics Anonymous, 8 p.m., at the Director's Room, St. Elizabeth Medical Center, 798-3456.

Alliance for the Mentally Ill of Madison County (AMIM), 8 p.m., 2116 Club, 2116 Edison, Granite City. The speaker will be Margaret Clegg, director of the hospital auxiliary. Admission is free of charge. Refreshments will be provided.

Diabetes Support Group, 1 to 3 p.m., Director's Room, St. Elizabeth Medical Center, 798-3456.

The Blood of the Lamb prayer and bible study. The public is invited to come for praise and worship, teaching from the Word and prayer for your needs from 10:30 a.m. to 12:30 p.m. at Full Gospel Fellowship Hall, 2000 2nd, O'Fallon, Granite City. A nursery will be provided. If a ride is needed, call 451-4020 or 1 (341) 868-1865.

The Christian Outreach Healing Program for anyone whose life is affected by HIV infection meets at 7 p.m. at the King's House on North 66th Street in Belleville. For more information, call 234-0291.

Trio Unit, Madison County

Homemakers Extension Association, noon, Hope Lutheran Church, 3715 Wabash Ave., Granite City.

Pontoon Beach Library Board, Pontoon Beach Village Hall, 3910 Highway 111, 6:30 p.m.

Madison County Legal Secretaries Association, meets at 6:30 p.m. Open to everyone in legal field: attorneys, legal secretaries, support staff, court reporters and court personnel. For more information, call 463-2429.

Depressive Manic Depressive Association of Madison County will meet from 7 to 9 p.m. at St. Elizabeth Medical Center.

James E. Lewis and Carl A. Schaefer, Co-leaders of the DMDA, will conduct the meetings. For more information, call 877-7517 or (314) 776-4928.

TOPS 1699 (The Off Pounds Sensibly) will meet at 6:45 p.m. at the Anchorage Recreation Center, 2902 Edwards St., call 797-2724 for more information. Men and women welcome.

Alcoholics Anonymous, 8:30 a.m. and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Alcoholics Anonymous (women only), 8 p.m., Presbyterian Church, Mitchell, 1 (800) 307-6600.

Alcoholics Anonymous, 8 p.m., St. John United Church, 2901 Nameoki Road, Granite City, 692-8078.

Alcoholics Anonymous, 8 p.m., Niedrighaus United Methodist Church cafeteria, 20th and Delmar, Granite City, 463-2429.

Alcoholics Anonymous, 8 p.m., at the Director's Room, St. Elizabeth Medical Center, 798-3456.

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Alcoholics Anonymous, 8 p.m., Niedrighaus United Methodist Church cafeteria,

SCHOOL NEWS



Granite City High School National Honor Society officers are, from left, president Brian McMillan, treasurer Jessica Nichols, secretary Summer Kosuge and vice president Marcie Holsinger.

NHS raises \$1,750 for United Way

Fifty-five members of the Granite City High School National Honor Society participated in their annual fund drive for United Way. This year's group raised \$1,750, topping last year's record total by \$25.

The two-day event took place Nov. 17 and 18. During this time, students collect donations from patrons of local businesses.

A special thanks goes to the following businesses for their support in this year's effort: KFC, Starbucks Supermarket, Central Bank, Mangers, Bank Processors Industrial Credit Union, Walgreens, Gilk's, Omni Bank, Leroy's A & J Market, Shop 'n Save and Roosevelt Bank.

Area scholars

Southeast Missouri State University

Southeast Missouri State University has named Jacob A. Zimmerman of Granite City to its dean's list for academic achievement during the fall 1995 semester.

Students named to the list earned at least a 3.5 grade point average on a 4.0 scale and completed at least 12 degree credit hours during the fall session.

DePauw University

Margaret E. Christiansen of Granite City, a junior at DePauw University, is serving an education internship at Granite City Senior High School in Granite City during January.

The internship is part of DePauw's winter term, which enables undergraduate students to learn about various careers and pursue learning experiences outside the con-

ventional classroom environment.

Students arrange their own internships and are under the supervision of a DePauw faculty member. The program is designed to introduce students to a wide range of opportunities or study possibilities.

A 1993 graduate of Granite City High School, Christiansen is the daughter of Jim and Pam Christiansen of Granite City. Christiansen was also among 384 DePauw University students who have been recognized for outstanding academic performance and named to the dean's list for the fall semester at DePauw University.

To be eligible for the dean's list at DePauw, a student must earn at least a 3.5 grade point average out of a possible 4.0.

Illinois College

Two residents of Granite City, seniors Michelle Raynor and Deana Whaley, have been named to the fall semester dean's list at Illinois College.

A total of 187 students who attend in liberal arts college earned a place on the academic honor roll. Fifty-five of the honorees attained a straight A average.

To qualify, students must complete a minimum of 14 hours with a semester grade point average of 3.5 or above on a 4.0 scale. All grades must be a C or better and no more than one C grade is allowed.

A record 259 seniors from high school, college and advanced states participated Dec. 2 in Illinois College's Honor Scholarship Competition.

The scholarship contestants included Jill Nicole Wozniak, a senior at Granite City High School. Wozniak is the daughter of Mr. and Mrs. Gregory Wozniak of Granite City.

In order to qualify for the competition students must meet rigid academic guidelines.

Students are ranked based on class rank and college entrance examination scores. The program offers 12 merit scholarships, including four full-tuition awards that have a value of more than \$34,000. Eight half-tuition scholarships will also be awarded.

Rick Bystry, director of admissions at the liberal arts college, said the names of the winners will be announced in February.

Illinois College was founded in 1829 and always has ties to the Presbyterian Church and the United Church of Christ.

Western Illinois

Brighton Modglin, a senior majoring in recreation, park and tourism administration at Western Illinois, has been honored as one of Who's Who Among Students in Universities and Colleges for the 1996 edition.

Since 1925 Who's Who has annually honored outstanding campus leaders for their academic, leadership and service achievements. Recipients must be a junior, senior or graduate student and have a minimum 2.6 accumulative grade point average.

Northeast Missouri State

Christian F. Richeson and Jennifer M. Ruder, both of Granite City, were among 263 students conferred degrees at Northeast Missouri State University in Kirksville during winter commencement Dec. 18.

The scholarship contestants included Jill Nicole Wozniak, a senior at Granite City High School. Wozniak is the daughter of Mr. and Mrs. Gregory Wozniak of Granite City.

Wozniak is the statewide public liberal arts and sciences university for Missouri. *****

Jennifer Marie Ruder received her bachelor of science degree in biology at the winter commencement at Northeast Missouri State University on Dec. 18. Northeast Missouri State University, located in Kirksville, is Missouri's public liberal arts and sciences university.

Ruder graduated from Granite City High School as valedictorian in 1993. She is the daughter of Larry and Susan Ruder and the grand-daughter of

Ann Ruder and Roy and Elizabeth Phillips. All are long-time residents of Granite City.

While at the university, she was a member of Beta Beta Beta Biological Honor Society, vice-president of Sigma Chi Delta Sorority and worked on several research projects concerning plant and insect interactions.

During the summer of 1995, Ruder was selected to participate in the National Science Foundation's Research Experience for Undergraduates entitled "Natural History of the Hispaniolan Herpetofauna." The project was based at Avila College in Kansas City, Mo., but included a three-week research trip to the Dominican Republic jungle. Her work on the frog "eleutherodactylus rufifemoralis" has been published in the Catalogue of American Amphibians and Reptiles.

(See SCHOLARS, Page 7B)

DO YOU SUFFER FROM...

- Wrist Pain
- Numbness in your hand and fingers
- Tingling in your hand and fingers
- Pain in your hand and/or fingers

DO YOU...

- Work at a keyboard
- Work on an assembly line
- Do repetitive hand movements on your job

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1994 & 1995 REPURCHASED BUICKS

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'94 Pontiac Sunbird Stk. #H257 \$8,890	'94 Pontiac Sunbird Stk. #H257 \$16,990	'95 Grand Am 2 Door Stk. #H275 \$11,480	OFF ORIGINAL PRICE

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Students get real world experience

Matthew T. "Matt" Crider and Jessica A. Thomas, both of Granite City, are obtaining valuable experience in the working world through career experience placements during the January term at MacMurray College in Jacksonville.

Crider is working at the Illinois Department of Conservation in Springfield. He is a senior majoring in biology at MacMurray, a member of Alpha Sigma Tau, affiliated with the United Methodist Church.

Thomas, a sophomore majoring in English, is working at WLDS-WEAI Radio in Jacksonville.

"Career experience provides the opportunity for experience in the professional world of business, industry or government," said Karen MacMurray director of career development and placement.

Open to students in all academic disciplines, the program may be undertaken by students in good academic standing at the second-semester sophomore level or higher.

The student works for a career experience agency under the supervision of a MacMurray faculty member. Students who successfully complete their career experience placement receive academic credit. A total of 12 semester hours may be earned in career experience and a related field practicum option.

Crider is the son of Bev and Alan Crider of Granite City and a 1992 graduate of Granite City High School.

The daughter of David and Patricia Thomas of Granite City, Thomas graduated from Granite City High School in 1994.



Crider



Thomas

Special AARP dance planned

A special dinner and dance will be held Friday, April 12, at the Granite City Township Hall, 2060 Delmar Ave. in Granite City, to honor the American Association of Retired Persons participants.

The doors will open at 5 p.m., dinner catered by Jerry's Catering, is at 6 p.m. and dancing to the music of Jerry's Kids begins at 7 p.m. Admission is \$6.50. Tickets may be purchased from 9 a.m. to noon weekdays at the AARP desk, 877-1215.

The chairman is Mike Lombard.

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COUPON

(Continued from Page 6B)

Ruder plans to begin graduate school in the fall, studying biology.

Blackburn College

Stacey Brimm, daughter of Charles and Sheila Brimm of Granite City, has been accepted for enrollment at Blackburn College in Carlinville.

Brimm is vice president of the vocal music department, secretary of the G.I.M. Music Society, declared All-American Scholar, named Most Outstanding Vocal Performer, member of National Honor Society, speech team captain, the Granite Singers representative to All-State choir camp at Eastern Illinois University.

She will graduate from Granite City High School in

Holy Trinity

The Holy Trinity Sisterhood hosts its annual Christmas luncheon at Ravanelle's Restaurant on Dec. 14.

A Christmas poem was recited by Mary Gages, Tomea Popovski and Eva Popovski. A Christmas letter was read by Georgia Michreft, president. The Rev. Peter Stambolijev gave a short speech and presented with his annual gift. Cards were sung and gifts exchanged.

Others attending the luncheon were Mary Baron, Elizabeth Gitcho, Mary Petroff and Blanche Gage.

Guests included Dina Fox, Valerie Gocheff, Vicki Linda, Vicki Mayer, Seneca Ripley and Stephanie Vangel.

Valerie Gocheff was welcomed as a new member of the parish sisterhood.

A visit to the nursing home followed, where gifts were presented to the elderly which included Miles Klasheff, Mary Sonnef, Georgia Tchoukaleff and Christina Zairos. Marie Natsleff was presented with a gift at her residence.

As part of the service, there is no admission charge but there is a voluntary contribution to help cover the group's travel expenses. Seating is limited and will be on a first-come, first-served basis.

There will be an opportunity to talk with group members and refreshments will be served following the concert.

Bethel Evangelical Free Church is located at the corner of Stratford and Mayville Roads. For more information, call 797-1010.

Bethel Evangelical Free Church

Bethel Evangelical Free Church is hosting "From Bolivia With Love" at 7 p.m. Feb. 14.

"From Bolivia With Love" is a Bolivian Christian folk singing group that uses Andean folk instruments, such as

the charango (small guitar with a sound between a banjo and mandolin), zampoñas (pan pipes), pig feet rattles, guitar and the like.

The group is known in Bolivia as "Monakuy," which in the Quechua dialect means "love."

The five-member group has eight cassette recordings and won seven national awards in Bolivia. They will be performing locally here in Granite City and at two locations in St. Louis, where they will be performing in the U.S. from February through May. The U.S. tour is sponsored by Latin American Communication Development Ministries.

The public is invited to this unique cultural event. There is no admission charge but there is a voluntary contribution to help cover the group's travel expenses. Seating is limited and will be on a first-come, first-served basis.

There will be an opportunity to talk with group members and refreshments will be served following the concert.

Bethel Evangelical Free Church is located at the corner of Stratford and Mayville Roads. For more information, call 797-1010.

Grace Baptist Church

It's everywhere. It's in music, on television, the radio and the movies. The message going out to today's youth is very clear. It says that having sex is OK.

There is a group of young

people in Granite City who say that message is simply wrong. They are some teenagers that are participating in a campaign called "True Love Waits."

It is an international program designed to challenge teenagers and college students to remain sexually abstinent until marriage.

One local group of teenagers have recently concluded this "True Love Waits" study and will be recognized in a special ceremony at Grace Baptist Church, 2060 Delmar Ave. in Granite City, on Sunday, Feb. 4.

This special recognition service will begin at 7 p.m.

As part of the ceremony, each participant will receive a ring to symbolize their commitment. This ring will then be given to their future spouses.

Participants will be cordially invited to attend this recognition service. For more information, call 877-6672. *****

On Feb. 14, the 15th annual Valentine's banquet will be held at the Granite City Township Hall, 2060 Delmar Ave. in Granite City. The banquet is sponsored every year by the Grace Baptist Church, 2800 Edwards St. in Granite City, and is open to the public.

"We have always had a fund time at the banquet," said the Rev. Bob Jones, pastor of Grace Baptist Church.

"God has blessed our church with a lot of talented people who have a sense of humor. The Valentine's banquet is simply an

evening of good, clean fun. I would compare it to some of the shows you might see at Lake of the Ozarks or Branson."

This year's banquet will be a catered affair with live music, comedy and entertainment for all who attend. Tickets are \$7.50 each and are on sale at the church or by calling 877-6672. Seating is limited and the tickets are sold on a first-come, first-served basis.

St. Mary's Church

The January meeting of St. Mary's Altar Society of St. Mary's Church in Granite City was held Jan. 23. There was a welcome of new members, Mary Ann George and Mildred Gajowski.

Another quilt bingo is set for Saturday, April 14. Plans were discussed for the annual activity day at Colonnades Nursing Home, to be held in June.

The February hostesses will be Barbara Brinza, Mary Ann Bunk, Kathryn Butkovich and Mary Clarke.

Refreshments were served and games were played.

Those attending were Bea Sander, Elizabeth Kulaska, Margaret Kulaska, Mary Clarke, Laura Hopfinger, Karen Bridick, Carol Robertson, Rose Stern, Mary Ann George, Betty Culver, James Werner, Mary Pogorski, Josephine Yurko, Cell Kowalczyk, Mildred Gajowski, Alda Yurko, Vickie Perjcek, Adele Wasylak, Sister Bernadette, Father Jim Keefner and Goldie Rozycke.

Scholars

(Continued from Page 6B)

Ruder plans to begin graduate school in the fall, studying biology.

June. Upon attending Blackbird in the fall, Brimm plans to major in music education.

Southwest Baptist University

Matthew Stinson of Granite City has been named to the fall 1995 trustees' list at Southwest Baptist Church in Bolivar, Mo. He is the son of William and Mairie Stinson of Granite City.

A 1993 graduate of Granite City High School, Stinson is a junior chemistry major.

These students are on the University's list have been enrolled in at least 12 credit hours and earned a grade point average of 3.85 to 4.0 on a 4.0 scale.

University of Missouri

Columbia

Anne Marie Hewlett has been named to the fall 1995 trustees' list at the University of Missouri at Columbia. A junior studying

dual majors in communications and Spanish, she intends to pursue a law degree after graduation.

Heilett, a lifelong resident of Granite City, is the daughter of Thomas and Patricia Heilett of Granite City.

Illinois State University

Nikki Tate, a 1991 graduate of Granite City High School, graduated Dec. 16 from Illinois State University with a bachelors of science degree in public relations.

Tate was to begin an internship in January with the Rogers and Cowan Public Relations firm in Los Angeles. She will be doing public relations for motion pictures.

Indiana Wesleyan

Jared R. Embick, son of Gary and Cary Embick of Granite City, has been accepted as a transfer student at Indiana Wesleyan University in Marion for the 1996 fall semester. He will study business

administration.

More than 1,850 students are enrolled at Indiana Wesleyan University.

Washington University

Sebol, a sophomore at the Washington University School of Law, spent three weeks over the holidays at the mission of St. Lucas in the mountains of Guatemala helping the Parroquia Indian people with housing. Last Spring, Sebol spent a month in the Dominican Republic building homes for the poor.

Sebol, son of John and Charlotte School of Granite City, is currently a chapter of senior achievement facility in north St. Louis County and is vice president for alumni relations for the school's international.

He is also pursuing a career in entertainment promotion and management with Contemporary Productions Inc. of Brentwood, Mo. as a student intern.

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new Duralast Battery. For starters, Duralast has up to 700 cold cranking amps, and up to 130 reserve minutes. Which means you'll have all the power you need for fast, dependable starts.

Duralast is sold and warranted at over 1,200 AutoZone stores across America. Each one is backed with a six-year pro-rated warranty, and a two-year free replacement period.

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- Venous Stasis Ulcers - from weakness in the vein walls on the lower leg.
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For an appointment

Call Memorial's Marsh Cardiovascular Unit at (618) 257-5036. The Wound Care and Limb Preservation Clinic is held on Tuesdays from 8 a.m. to noon in Memorial's Physical Therapy Department.



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FAMILY

Eagles Aerie 1126 celebrates 90th anniversary**Organizations****Knights of Columbus**

At the regular meeting of the Granite City Knights of Columbus Council 1086, the members voted to donate \$200 to the Granite City hockey team and \$200 to the Church Women United.

Brother knight Rudy Hofstetler and Warren Bequette delivered a fruit basket to brother knight Ben Strack, who is hospitalized at Christ's Northeast Hospital in St. Louis.

The Fourth Degree Assembly 224 donated \$100 toward the purchase of a wheelchair for a young man. They also voted to sponsor Mark Schulte and Chris Brey in the seminary.

Evening Circle

The Evening Circle of First Presbyterian Church met recently in the home of Barbara Burdine.

Chairwoman Burdine Holtzschreiter presided and opened the meeting with prayer.

Minutes were read by Betty Rea, secretary, and reports were given.

The fellowship of the Least Coin entitled "Women Who Had Accepted Jesus" was given by Landis, followed by prayer.

June Jones read the mission yearbook of prayer remembering the organizations of northeastern Ohio.

It was announced by Gladys Fuhrman that the circle will host a birthday party for the mother of Connie Casper Center on Feb. 20. Plans were discussed concerning the party.

The meeting ended as the members formed a circle and repeated the Mizpah benediction.

A social hour followed and the members enjoyed a belated Christmas party, which had previously been canceled because of bad weather.

The hostess served refreshments to Fuhrman, Holtzschreiter, Jones, Lula Mills, Gladys Pape, Rea, Betty Schmedake, Vee Throne and Shirley Yates.

Granite City Eagles Aerie 1126 celebrated its 90th anniversary on Jan. 6. The Aerie was instituted on Aug. 19, 1906.

The Aerie invited past presidents and members to celebrate this occasion. Randy Odom served as master of ceremonies and chairman for the event.

Odom introduced the guests of honor: Leroy Stark, president; Don Horn; John Halwachs; Bob Hogan; Larry Blevins; Ken Spencer, secretary; Joanna Spencer, auxiliary president; Angie Buehler; Florence Hagnauer and Juanita Blevins, 50-year Auxiliary members; and Curtis Blevins, 56-year Aerie member.

Odom announced the Aerie past presidents who were in attendance by name, year of service and term of office:

James Lipchik, 50 years, 1948-49; William Hayes, 47 years, 1950-51; Ed McGovern, 42 years, 1950-61.

Stanley Hodges, 36 years, 1962-63; Ken Spencer, 25 years, 1969-90; Bob Sanders, 23 years, 1979-80; Randy Odum, 16 years, 1983-84 and 1993-94; John Halwachs, 13 years, 1987-90; Bob Hogan, 11 years, 1988-89; Larry Barnhart, 14 years, 1985-86; Luther "Bud" Schaefer, 13 years, 1986-87; Don Horn, 13 years, 1987-88.

and 1991-92.

Joanna Spencer welcomed all Auxiliary members and guests. The Auxiliary celebrated its 50th anniversary this past year and she named each past president with her term: Angie Buehler, 1950-51; Juanita Blevins, 1962-63.

Ann Koenig, 1965-66; Marge Hagnauer, 1966-67; Florence "Fuzz" Hagnauer, 1968-69; Sue Oliver Rogers, 1969-70; Florence Stokes, 1969-70; Joanna Spencer, 1970-71; Barbara Modrusic, 1993-94; Ann Pates, 1994-95; and Millie Weatherford, Vera Johnson and Ellen Wallace, all past presidents of Stolich who transferred to our auxiliary during the 1990-91 term.

Odom introduced two state officers in attendance: Kenneth Spencer, State Outside Guard, and Joanna Spencer, State Trustee, for the year 1995-96.

President Stark invited all members and guests to stay for coffee and dinner prepared by John Halwachs and his committee. He thanked Evaleen Ederle and Joanna Spencer for the decorations of red, white and blue throughout the Eagle home.

Following dinner, Stark presented the Aerie with a bronze plaque containing 96 names of the Aerie past presidents to date. Presidents will continue



Eagles Aerie 1126 held its 90th anniversary with a mortgage burning ceremony on Jan. 6 at the Eagles home, 2558 Madison Ave. in Granite City. Shown are, front row, Leroy Stark, Aerie worthy president; back row, left to right, trustee Chuck Stokes, past president Don Horn, trustee Gene Rhinehart, trustee Craig Nyers, past president Bob Hogan and secretary Ken Spencer.

to be added.

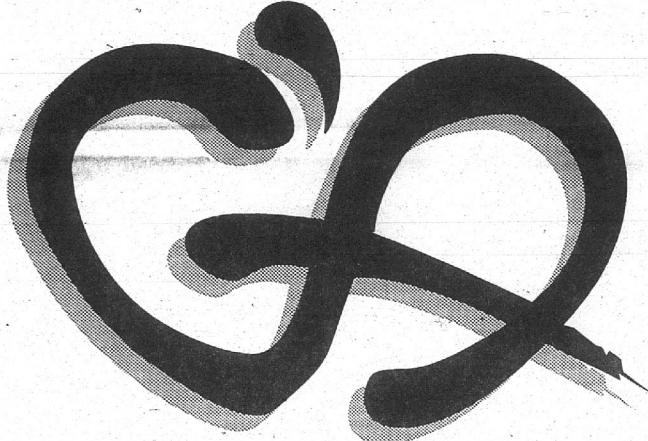
Stark spoke on, "Not what you get out of being an Eagle member, but what Eagles do for others."

Kenneth Spencer, secretary

and state officer, spoke on the motto of the Eagles, "People Helping People." He reminded the hard work to pay off the mortgage coincided with the continuous helping of peo-

ple in our community. Each person in attendance was presented with an etched "90th Year Anniversary and Mortgage Burning — Jan. 6, 1996" mug.

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St. Clair Square presents you with a golden opportunity to acknowledge an outstanding teacher through the Golden Apple Awards—our teacher recognition program developed with the endorsement of Jed Deets, Ed. D., Regional Superintendent of Schools in St. Clair County.

St. Clair Square's Golden Apple Awards were created to show support and appreciation for the teachers of St. Clair County while

providing you with the opportunity to honor teachers whom you feel have made extraordinary contributions toward the education of our children.

All teachers currently teaching in St. Clair County public or private schools are eligible and may be nominated by either a parent, student, fellow staff member, administrator, or community member. Previous Golden Apple Award recipients, however, are not eligible.

Golden Apple Awards Nomination

Teacher's Name _____

School _____

Subject/Grade Level _____

Your Name _____

Address _____

City _____

Zip _____

Phone _____

I am a (check one):

- Parent
- Student*
- Fellow Staff Member
- Administrator
- Community Member

Along with this form, please include a letter (not more than two pages) describing the outstanding qualities of the teacher being nominated, as well as other pertinent information. Nominations will be accepted through Wednesday February 21, 1996. Nominated teachers will be contacted for additional information. Please bring your nomination to the St. Clair Square Management Office or mail

The Golden Apple Awards
St. Clair Square
134 St. Clair Square
Fairview Heights, IL 62208

*Nominations by students are restricted to the teachers students have had in previous years and not during the 1995-1996 school year.

ST CLAIR SQUARE
1-64 at Route 159 Fairview Heights

Today's Food

Wednesday, January 31, 1996

Food & Nutrition

Wise Ways

Trading up for value may not be any more economical in cost than in fat and calories.

INSIDE

Hearty Bites

Turn over a new, healthy leaf and control your eating future one bite at a time.

INSIDE

Blue Ribbon Cook

Fresh vegetables and feta cheese turn this pasta dish into a breath-of-spring winner.

INSIDE

Private Label Test Run

Testers were buzzing over honey from Shop 'n Save.

INSIDE

Micro Raves

Soup may not be simmered the way Mom used to make it, but today she, too, might take advantage of the convenience of making it in a microwave oven.

INSIDE

Lively Taste

Create your own seasoning combo. Mix garlic powder, cracked black pepper and cayenne pepper to warm up a family's taste buds, or combine oregano, basil and rosemary with garlic powder for Italian savoring.

Health & Fitness

Medicine Chest

Cough medicines play different roles in people by age, as well as symptoms. For instance, codeine works to suppress coughing, but may be less effective in children.

INSIDE

Fresh Picks

Citrus fruit from both coasts continues to be a good buy. California oranges ran late this year, while Florida citrus came with a quick start. The lack of blemishes on western citrus is due to the consistent weather pattern in which it grows. Florida fruit's pebbly-colored exterior, while not as glamorous in looks, hides lots of juice beneath its thinner peel, because it does not grow in a climate which is basically desert.

Big Fat Tip

If you cannot get used to the texture or taste of fat-free mayonnaise, get less fat by the spoonful from reduced-fat mayonnaise by adding lemon juice, vinegar, yogurt, tomato puree or salsa.

Future Shop

Balsamic vinegar is a darling of chefs and recipe writers today. Why is the real thing so expensive? It takes years for the well-made vinegar to evolve, with evaporation accounting for as much as 90 percent of the original liquid.

By the loaf



Bread is
the staff of life and
the base for savory dishes like
Fajita Pizza, top, and Appetizer Braid.

Breaking bread provides slice of life

Enjoying bread is one of those wonderful things in life someone has - or gets - to do.

Whether you buy the loaf or knead it by the loaf, it should hold a place of honor, just as it has for centuries.

The act of eating has ancient and profound religious significance. It is an individual, as well as a social, sign of life. Sharing bread is a loving act.

Brother Rick Curry, author of the "Secrets of Jesus' Breadmaking" (HarperPerennial, \$16.50), says, "Always make two loaves. Don't bronze it."

Curry practices what he preaches. He bakes bread every night. Having been born with one arm does not handicap his kneading.

"Those smells in the kitchen are luxuriant," he says. "It is one of the simplest pleasures, but we deny ourselves. Kids, spouse, a boss always need something more. When we keep giving and giving, we become empty vessels."

He sees making bread as a way of refreshing oneself. He calls it "quality time with yourself."

Many people agree with Curry's need to knead, while others choose the aroma and flavor of freshly baked bread, without the tactile enjoyment, by using bread bakers, broadens their appeal.

The versatility of this newest kitchen "toy" is becoming wider, while its price is dropping. New features include larger- and smaller-capacity bowls, while a sideline, like making butter at the same time bread bakes, broadens their appeal.

It is important to get a size that fits. Nothing defeats the purpose of having fresh bread handy for a family of two than a 1-1/2-pound loaf that has topped out the roof of the machine.

Most ingredients for bread machines, including ready-made mixes, are available in supermarkets. If not, check a local health food store for flours and yeast.

Curry adds a few trouble-shooting tips for hand-kneaded bread:

SEE LOAF, INSIDE TODAY'S FOOD PAGE 2

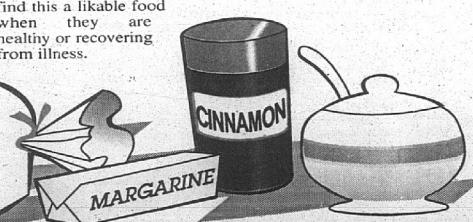
CINNA-BREAD SANDWICH

Kids' Cuisine

WHOLE WHEAT BREAD

Rick Tucker Graphic

Pull out cookie cutters and let children shape their own sandwiches to eat with or without filling. Pick a sliced bread with chewy texture. Cut a shape out of a slice. Spread both the slice and cut-out with a very thin layer of margarine. Warm or toast it slightly. Sprinkle with cinnamon-sugar. Serve immediately. Children find this a likable food when they are healthy or recovering from illness.



Today's Food

Private Label Test Run



A little bit of Shop 'n Save honey helps almost anything go down, according to *Journal* tasters.

Test of honey sticks bee-yond duty's call

Suburban Journal tasters were sweeted up after they tested Shop 'n Save honey.

Several were eager to savor the flavor they remembered from their childhoods, as they were offered the drippy delight on hot biscuits. None was disappointed.

"The honey was sweet, clear with a light taste. It was worth licking off your fingers, which I did, delightfully," one said as she offered to bring crackers the next day to savor what remained.

Another who said it reminded him of the taste of his grandparents, said, "I don't usually take part in the food tests, because they often involve foods I don't really care for, like sweets and chips, but I'm glad I was here for this one."

His assessment of the honey was all positive.

"What can one say about honey? I have never had any 'bad' honey. This brand tastes as good as any other, and it costs less."

The price of a 16-ounce plastic jar is \$1.79. A 12-ounce plastic honey bear container with a narrow spout is priced the same at Shop 'n Save. The

cost is about 50 cents less than the pricing for other brands begins.

"This honey is easy to like, from the time you open the jar. Its aroma is typical and its sweetness has the right flavor, without any strong overtones," said another taster.

"I guess it is pretty generic, since the jar calls it 'pure clover' honey, but that is exactly what I want — something that is sweet, sticky and with enough flavor that I want to add more of it to a muffin or combination or toast or whatever I am eating."

Although honey is a natural sweetener, it is considered a refined sugar, because the sucrose already is broken down into glucose and fructose in the body.

Another tester is new to learning about the nutritional content of foods and is keeping off lost weight by keeping the fat she eats very low.

"For a person who doesn't ordinarily eat honey, I really enjoyed the taste. And now that I know it is a fat-free product, you can bet I'll be sampling more of it," she said.

BROCCOLI WALDORF

Cook 1 package (10 ounces) frozen broccoli spears according to package directions. Drain. Add 2 tablespoons

coarsely chopped walnuts; 1 apple, diced; $\frac{1}{4}$ cup spicy French salad dressing; $\frac{1}{4}$ cup plain yogurt, and 1 tablespoon honey. Heat through. Makes about 4 servings.

Loaf

Continued from page 1C.
• Overly-brown bread on top: Cover loosely with aluminum foil last 10 to 15 minutes of baking.

• Leaf is dry: Too little liquid, too much flour or baked too long.

• Leaf is cracked: If happens sometimes. Bread still tastes wonderful.

• Gooey streaks: Second rising too long.

• Lumpy texture: Dough not mixed enough before kneading.

• Mold in less than five days: Not cooled completely before being wrapped.

• Soggy texture: Not baked long enough. Don't open oven door often. Cutting into hot loaf too soon deflates it, too.

These recipes with dual directions were developed by Fleischmann's Yeast.

Micro Raves

KATHY HANEWINKELE

Soup up microwave for warm, toasty fare

Before January — National Soup Month — is over, let's celebrate by cooking some of my favorite soups in a microwave oven.

Soup is easy to make and economical. Soup prepared in a microwave requires less time and retains more nutrients over stovetop simmering.

Soups can be served before a meal to whet appetites, or hearty and hot soup can be used as the main course of a filling winter meal.

Canned soups, among the first convenience foods, were an immediate hit with consumers.

To eat, still popular and ever-diversified canned soup, simply pour it directly into bowls, dilute as directed and cover it with a napkin or plate. Microwave 1 to 3 minutes until soup is as hot as desired.

Soup tastes better heated as a leftover, after flavors have time to blend, so a cook can make soup conveniently and reheat it.

Here are other hints for soup:

• Use a casserole or bowl large enough to avoid boiling over the soup.

• Add flavor and nutrition to soup by using the liquid

from canned or other cooked vegetables, tomato juice or sauce instead of water.

• Cover soup to heat or reheat. It is faster and nearer.

• Make stock by boiling leftover bones. Cool and freeze the fat. Stock can be frozen until ready for use. Chicken and turkey necks make excellent stock.

This is a microwave version of a traditional vegetable soup, adapted from a basic recipe in Norma Schonwetter's "Microwave to Your Heart's Content."

• Make it less healthy by adding a little salt, plus onion and tomato juice with salt.

Also, I usually add leftover cooked beef or ham and vegetables, which need to be warmed in the mixture. It definitely tastes better made a day ahead.

Home economist Kathy Hanewinkele specializes in microwave cooking.

SKINNY VEGETABLE SOUP

1 tbsp. oil or butter, if desired

$\frac{1}{2}$ cup chopped onion
 $\frac{1}{2}$ cup chopped green pepper, if desired
2 to 3 medium potatoes, cubed

1 cup chopped celery
medium carrots, thinly sliced
4 cups tomato juice or tomato sauce
2 tsp. granules or 2 cubes beef bouillon
1 cup cut green or other cooked beans
to 2 cups water
1 to 2 tsp. salt
1/2 tsp. pepper
1/2 tsp. dried basil
1/4 tsp. crushed rosemary

In 3-quart microwave-safe pan, cook oil, onion and green pepper on high power, stirring once, 3 to 4 minutes until vegetables are tender.

Add potato, celery, carrots, tomato juice, bouillon, beans, water, salt, pepper, basil, parsley and rosemary.

Cover with lid or vented plastic wrap. Microwave on high power 30 minutes, stirring.

Check for doneness. Cook 5 minutes longer, if softer vegetables are desired. Yields about 8 servings.

Blue Ribbon Cook

Veggies spur spring appetite

Frank Neumann, Troy, Ill., is the winner of this week's recipe contest for Mediterranean Pasta Primavera. He wins a prize of dinner certificates from the Pasta House Co.

This recipe holds an expected flavor of tomato, but it is fresh and full-flavored with more vegetables available year-round. Adding the soaking water from the dried tomato flavors the mixture, while adding meat, onions and cheese make it a meal.

Recipes in this month's Chicken Breast Recipe Contest should be postmarked today for consideration as winner during February. Just send in a recipe that offers juicy chicken ready to give a light touch.

The next contest is for lemon and orange. If desired, one entry can be sent with the chicken recipe. Lemon and orange recipes will continue to be accepted throughout February, so winners can be named each week during March.

One recipe per household can be sent to: Chicken Breast (or Lemon and Orange) Recipe Contest, Suburban Journal, 1714 Deer Tracks Trail, St. Louis, Mo. 63131.

MEDITERRANEAN PASTA PRIMAVERA

1 pkg. (16 oz.) spaghetti (durum semolina)
1 tbsp. olive oil
1 large onion, sliced
1 red bell pepper, cut in thin strips
3 cloves garlic, minced
1 cup broccolini florets
1 cup zucchini, quartered, sliced
1 cup mushrooms, sliced
1 cup fresh spinach, shredded
16 cherry tomatoes
8 packed sun-dried tomato
12 black olives
Fresh thyme to taste, or
1/2 tsp. dried thyme
2 oz. feta cheese, crumbled

Bring $\frac{3}{4}$ cup water to boil. Add sun-dried tomato. Remove from heat. Cover. Set aside.

Cook spaghetti according to package directions for al dente texture.

In skillet, heat oil. Sauté onion, pepper and garlic. After a few minutes, add broccolini, zucchini and cherry tomatoes. If skillet becomes dry, add a few drops water, rather than oil.

Place spinach and radicchio in large bowl. Top with hot pasta. Pour hot garlic mixture on top. Toss to mix well. Sprinkle with parmesan cheese.

Place artichoke hearts and water in microwave-safe dish. Cover.

Conventional directions:

In medium bowl, mix $\frac{3}{4}$ cup bread flour, $\frac{1}{2}$ cup water, $\frac{1}{2}$ tsp. salt, sugar and yeast. Let stand until dough rises. Spread $\frac{1}{2}$ cup warm water and oil until blended. Stir in $\frac{1}{2}$ cup additional flour to make dough easy to handle. Turn onto floured surface. Knead 8 minutes or until smooth and elastic. Let rest, covered, 10 minutes. Follow rest of recipe as directed.

Move finished dough from pan to lightly floured surface. If necessary, knead in enough flour to make dough easy to handle. Roll in 12-by-8-inch rectangle. Place on greased cookie sheet. Layer filling in rows across center third of dough.

Make cuts 2 inches apart at 1-inch intervals on each side of filling, using sharp knife. Fold strips diagonally across filling, alternating sides. Let rise, covered, in warm place 20 to 40 minutes until double.

Preheat oven to 400°.

Follow directions for forming and baking braid.

Bake 20 to 25 minutes until golden brown.

Filling: Combine 1 jar (6 ounces) marinated artichoke hearts, drained and chopped; $\frac{1}{2}$ cup ripe olives, sliced; $\frac{1}{2}$ cup drained and chopped, rinsed, 14 oz. sun-dried tomatoes (packed in oil) and 1 cup (4 ounces) grated provolone cheese.

Conventional directions:

In medium bowl, mix 1 cup bread flour, herbs, seasoning, 1 cup water, oil, yeast and salt. Stir in $\frac{1}{2}$ cup warm water and oil until blended. Stir in 1 to $\frac{1}{2}$ cups flour to make dough easy to handle. Turn onto floured surface. Knead 8 to 10 minutes until smooth and elastic. Let rest, covered, 10 minutes.

Preheat oven to 400°.

Follow directions for forming and baking braid.

FAJITA PIZZA

$\frac{1}{2}$ cup water
1 tbsp. oil
 $\frac{1}{2}$ cups bread flour
2 tsp. chopped fresh or 1/2 tsp. dried cilantro
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{4}$ tsp. sugar
 $\frac{1}{4}$ tsp. bread machine yeast
Topping
 $\frac{1}{2}$ cups (6 oz.) shredded mozzarella cheese

Place water, oil, flour, cilantro, salt, sugar and yeast in bread pan in order bread machine manufacturer suggests. Select uncooked dough cycle.

Preheat oven to 450°. Move oven rack to lowest position. Grease large cookie sheet or 12-inch pizza pan.

Remove finished dough from pan. If necessary, knead in enough flour to make it easy to handle. Pat or press into 13-inch circle on cookie sheet and pinch edge to form $\frac{1}{2}$ -inch rim; or press into pizza pan.

Spread Topping over dough. Sprinkle with cheese.

Bake in preheated oven 12 to 15 minutes until crust is golden brown and cheese is melted.

Topping: Cut $\frac{1}{2}$ pound boneless, skinless chicken breast in strips $\frac{1}{2}$ to $\frac{1}{4}$ -inch thick. In 10-inch skillet over medium-high heat, cook and stir chicken in 1 tablespoon hot oil 3 minutes. Add 1 medium bell pepper, cut in thin rings, and 1 small onion, sliced. Cook and stir 3 to 4 minutes until vegetables are tender-crisp. Remove from heat. Stir in 1 cup salsa.

Conventional directions:

In medium bowl, mix $\frac{3}{4}$ cup bread flour, $\frac{1}{2}$ cup water, oil, yeast and salt. Stir in $\frac{1}{2}$ cup warm water and oil until blended. Stir in 1 to $\frac{1}{2}$ cups flour to make dough easy to handle. Turn onto floured surface. Knead 8 to 10 minutes until smooth and elastic. Let rest, covered, 10 minutes.

Preheat oven to 400°.

Follow directions for forming and baking braid.

Preheat oven to 400°.

Follow directions for forming and baking braid.

Today's Food

Super-size meals lighten wallet, pad waistline

Super Size! Real Meal Deals! Super Value Meals!

These siren songs of the fast food industry entice us to "buy up" or "trade up." The message is simple: Spend just a little more money and get extra - meat, cheese, special sauce, fries or soft drink.

Of course, all that additional food means extra fat and calories as well.

At one national fast food chain, for example, an extra 39 cents secures super-size fries and a soft drink as part of a meal.

Portion size balloons,

increasing from regular or medium to large or jumbo.

Calories are also super-size, adding an extra 200 to 500 calories to a meal.

Super-sizing a meal just two times a week can lead to 10 pounds of weight gain in one year.

The same trend is evident with sandwiches. McDonald's, for instance, doubles the meat on sandwiches already heavy on meat - Big Mac and Quarter Pounder. That means four hamburger patties on a double Big Mac and a half pound on a double Quarter Pounder. Then comes Hardee's advertising its beef-and-cheddar sandwiches with 66 percent more beef than a Big Mac and 33 percent more than a Whopper.

It's not just the weight of calories and fat. More meat means more money, about a dollar extra per sandwich.

I recently go with a really big burger and got two super-size fries and drink twice a week. I spend an extra \$124.28 in a year. Just a little extra adds up to a lot.

If a monetary bargain is in the plans, maybe the

meal can be shared with a friend.

For efficiency, normal portions can save both money and calories. A meal of a regular-sized hamburger, an order of fries and a 16-ounce soft drink amounts to about 650 calories, one-third the calories in the big meal.

A few of the extra calories would be better "spent" on an orange or baby carrots. These are good sources of key nutrients, like vitamins A and C, lacking in most fast food meals.

Certified family consumer scientist Linda Blumenberg is nutrition specialist for University Extension (University of Missouri system) in Montgomery County.

Cough medicine may give response differently in kids

Anyone can catch a cold or the flu this time of year, but children seem to attract them. With the variants come coughs.

Coughing can be a response to something physically irritating the airway, also known as a nonproductive cough. A cough that helps remove secretions from bacterial or viral infections is known as a productive cough.

With a productive cough, coughing is a body's natural way of eliminating secretions. Suppressing a cough in this instance can be harmful.

The best treatment for a productive cough is to take an expectorant. Expectorants help loosen secretions and make it easier to get rid of them.

Most people do not know the best expectorant is a simple liquid - water that should be used both

within and outside the body. Drink plenty of it, but children seem to attract them. With the variants come coughs.

Cough suppressants, also known as antitussives, should be used for nonproductive coughs. Use should be reserved for when the cough interferes with daily functioning or sleeping. Several types are available:

Codeine: Working directly on the brain to suppress coughing, codeine sometimes is less effective in children than in adults. Each dose of codeine suppresses a cough about 4 hours. Codeine can dry the airway and make secretions thicker. Children less than one year old should not be given codeine.

Dextromethorphan:

Often referred to as "DM," it is a product name, it also works on the brain to suppress coughing.

It is important to consider seeking medication attention if your child is under 3 months of age, the cough is violent and began suddenly without a cold, the child is having trouble breathing, or if the cough persists more than 10 days.

Registered pharmacist Rebecca Coley is assistant professor of pharmacy administration at St. Louis College of Pharmacy.

ferences, the Recommended Daily Allowance for sodium is 1,100 to 3,300 milligrams for adults (200 to 300 milligrams less for children). This amount can be obtained from natural foods and water.

SODIUM ON TABLE, IN THE PACKAGE

Sodium is found in varying amounts in most foods, but the main source is common table salt or sodium chloride.

Table salt is slightly more than 40 percent sodium. One teaspoon table salt contains 2,200 milligrams sodium. On average, a person consumes 2 to 4 teaspoons salt each day.

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Support Groups

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(618) 233-7750

those who have experienced or who are anticipating joint replacement surgery. Meetings are held quarterly on the second Wednesday of January, April, July and October from 7 to 9 p.m. in the auditorium.

LUPUS

This support group is affiliated with the Illinois and Missouri Chapters of the Lupus Foundation of America.

Meetings are held offering information and insight for coping with lupus on the third Tuesday of each month (except June - September) at 7:30 p.m. in the hospital auditorium.

MENDED HEARTS, INC. - BELLEVILLE CHAPTER

Mended Hearts is a volunteer organization consisting of people who have heart disease, their families, medical professionals and other interested people.

Additionally, Mended Hearts members form a support group for one another, contributing emotional backing to recovering patients and their families. For more information, call Memorial's Social Service Department at 257-5420.

NU-VOICE

Conducted in cooperation with the American Cancer Society, the Nu-Voice Club is for laryngectomees - people who have had their voice boxes (larynxes) removed. Family members and friends are encouraged to attend. For more information about meeting dates and times, call the Speech Pathology Department at 257-5255.

PULMONARY REHABILITATION

A group for people with diseases of the lung and their families. Individuals with chronic lung disease and their families learn about the disease, as well as share ideas and solutions to their problems. Meetings are held on the last Wednesday of the month (except June - August) at 1:30 p.m. in the auditorium.

YOUNG ADULT CANCER

This mutual support group was formed for young adults with cancer and their significant others who are affected by the disease. Meetings are held on the first and third Tuesday of every month at 7 p.m. in the auditorium.

Support groups have been in existence for many years. They can become a vital and positive influence in the lives of both patients and those who care about them. By providing information about their disease and how to live with it, support group members can create a better working partnership between patient and physician.

Memorial believes that support groups provide an opportunity for patients, along with their families and friends to discuss uncertainties and learn to place them in perspective. Better than any other technique, talking in a support group with people who share common problems, helps them understand that they are not alone.

The following is information about Memorial-sponsored support groups. For more information about these groups, call the Community Relations Department at 257-5649.

DIABETES
A mutual support group comprised of people with diabetes, their families and people who have had their lives affected by diabetes.

Meetings are held on the fourth Monday of every month from 9 to 11 a.m. in the hospital auditorium.

FIBROMYALGIA SYNDROME
This support group is for people with fibromyalgia syndrome (FMS) and their families. FMS is considered to be a widespread musculoskeletal pain and fatigue disorder for which the cause is still unknown. Meetings are held on

the third Tuesday of each month from 7 to 9 p.m. in the auditorium.

HOPES
Hospital Oncology Patient and Family Education was formed to assist cancer patients, former cancer patients and people who have their lives affected by cancer. The HOPE group meets the last Thursday of each month at 1 p.m. in the auditorium.

ARTHROSIS AND JOINT REPLACEMENT
This group is for people who have arthritic conditions, as well as for

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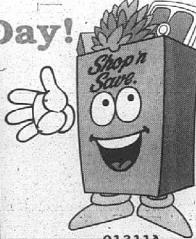
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MUSSELMAN Apple Sauce.....	.99	1.39	28%	1.39	28%	
HUNT'S Tomato Sauce.....	.49	.69	28%	.69	28%	
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MILKBONE, LARGE Dog Biscuits	2.99	4.19	28%	3.89	23%	
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DOW Saran Wrap.....	1.99	2.99	33%	2.49	20%	
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WISHBONE Italian Dressing	1.99	2.69	26%	2.59	23%	
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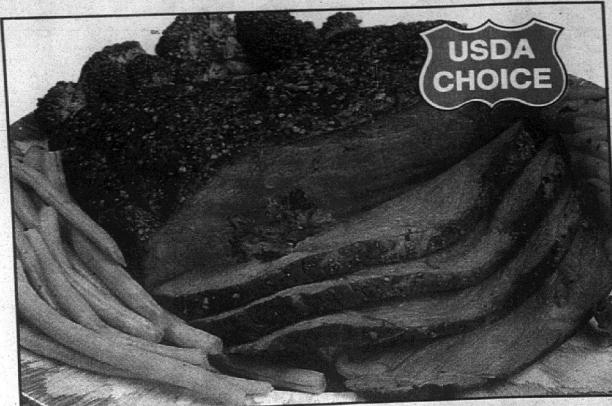
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Carrots	1 lb.	.58	.69	15%	.69	15%
Green Beans	per lb.	1.48	1.99	25%	1.99	25%
Green Onions	bunch	.33	.50	34%	.50	34%
Snow Peas	per lb.	2.98	3.99	25%	3.99	25%
Sweet Potatoes	per lb.	.58	.69	15%	.69	15%
CUT UP Fryers	per lb.	.89	1.09	18%	1.09	18%
HUNTER Bacon	1 lb.	1.89	2.29	17%	2.29	17%
R.B.RICE Pork Sausage	1 lb.	2.39	2.69	11%	2.89	17%
LOUIS RICH Smoked Sausage	14 oz.	1.99	2.69	26%	2.99	33%
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IMPERIAL Margarine Quarters	1 lb.	.50	.69	27%	.89	43%
PILLSBURY Cinnamon Rolls	11.5 oz.	1.29	1.89	31%	1.85	30%
TROPICANA PURE PREMIUM Orange Juice	96 oz.	3.99	4.99	20%	4.69	14%
BLUE BONNET Quarters	1 lb.	.49	.89	44%	.73	32%
PATIO Burritos	5 oz.	.34	.59	42%	.55	38%
ORE IDA Tater Tots	32 oz.	2.08	2.59	19%	2.55	18%
PET RITZ Pie Shells	2/9 inch	.99	1.49	33%	1.49	33%

These items were purchased on January 29, 1996 at Schnucks in Concord Village at 9:23 a.m., and at Dierbergs at 12420 Tesson Ferry at 8:54 a.m. Due to time required for ad processing, chain store prices may vary from date items were purchased to date of ad publication. The above prices do not reflect manufacturers' deals.



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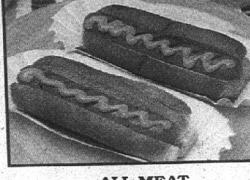
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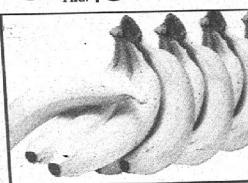
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Golden Ripe
Bananas

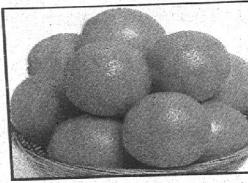
38¢
lb.

WASHINGTON STATE
Red or Golden
Delicious Apples... 68¢
lb.

Dole Classic
Salad Blend.... 238
3-LB. BAG

TREE-RIPE
Imported
Peaches.... 148
lb.

FRESH
Green
Cabbage... 3.99
lbs.



Sunkist
Navel Oranges

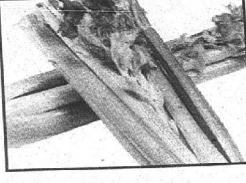
148
4-LB.
PKG.

VINE-RIPENED
Slicer
Tomatoes.... 68¢
lb.

AUTUMN PARK
Wild
Bird Seed..... 298
10-LB. BAG

Imported
Blueberries.... 148
6-OZ. TRAY

Marzetti Fat
Free Dressing 278
12-OZ. BTL



California
Pascal Celery

58¢
STALK

Try These Exotic Varieties!	
NOT AVAILABLE AT ALL STORES	
Cali Kiwi Fruit	6/98¢
Fresh Papayas	148
Fresh Mango's	148
ASSORTED FLAVORS Tofu	148
Snow Peas	298
Star Fruit	98¢

Shop 'n Save

♪ The more you shop the more you save. SM ♪

S	M	T	W	T	F	S
31	1	2	3			

* PRICES GUARANTEED THRU FEBRUARY 3, 1996 AT ALL ST. LOUIS METRO STORES ONLY. WE RESERVE THE
RIGHT TO LIMIT • NO SALES TO DEALERS • FOR LOCATIONS CALL (314) 984-0500

Shop 'n Save

**DOUBLE YOUR
MONEY BACK
MEAT & PRODUCE
GUARANTEE
WITH PROOF OF PURCHASE**

1013104

WE TAKE
PLASTIC!

Classified

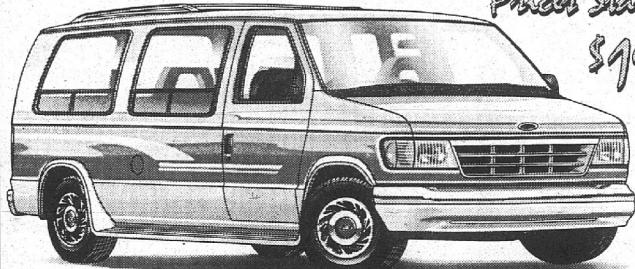
CALL 877-7700 or 876-2000

32 MISC AUTOS		32 MISC AUTOS		BUICK		CHEVROLET		BUICK		FORD	
ALBRECHT-HAMLIN CHEVY-GEO OVER STOCKED METRO, PRIZM TRACKERS! EVERY CONVERSION VAN DRASTICALLY REDUCED! ALBRECHT HAMLIN <small>Geo</small>		 2 BUICK 1991 BUICK LeSabre, power options, white, black interior, 100k miles, \$4,500. 1991 BUICK Regal, 4 door, white, black interior, 100k miles, \$4,500. 1992 BUICK Roadmaster Limited, only 38xxx mi., a real beauty, \$4,500. 6 CHEVROLET '88 Beretta Was \$4,500 We Finance Almost Anywhere Concourse 7711 Manchester 464-7300 6 CHEVROLET '81 Cavalier Blue Book \$5,000 We Finance Almost Anywhere Concourse 7711 Manchester 464-7300 '88 Cavalier IROC T-Top We Finance Almost Anywhere Concourse 7711 Manchester 464-7300 '89 Cavalier Z24 Convertible White Price! We Finance Almost Anywhere Concourse 7711 Manchester 464-7300 BUICK '92 Roadmaster Estate Station Wagon, Full Power Equipment, 8 Cylinder Engine, 3 rows of seats, great car for the large family. Only \$15,900. ELDER CADILLAC • OLDS 10400 W. MAIN BELLEVILLE 397-8200 ELDER CADILLAC • OLDS 10400 W. MAIN BELLEVILLE 397-8200		BUICK '92 Roadmaster Estate Station Wagon, Full Power Equipment, 8 Cylinder Engine, 3 rows of seats, great car for the large family. Only \$15,900. ELDER CADILLAC • OLDS 10400 W. MAIN BELLEVILLE 397-8200		FORD '93 Taurus G. L. Sedan, Automatic, Air, Automatic, Tilt, Cruise, 6 Cyl. and like new tires. Excellent Condition. ELDER CADILLAC • OLDS 10400 W. MAIN BELLEVILLE 397-8200					
25 BERETTAS 30 CORSICAS 35 LUMINAS CAPRIES - TAKE YOUR PICK CAMAROS - 20 IN STOCK MONTE CARLOS, ARRIVING DAILY		15 CAVALIERS FULL SIZE TRUCKS BLAZER - 20 TO CHOOSE FROM! TAHOES - WE'RE DEALING S-10'S REGULAR OR EXTENDED		BUICK '92 Roadmaster Estate Station Wagon, Full Power Equipment, 8 Cylinder Engine, 3 rows of seats, great car for the large family. Only \$15,900. ELDER CADILLAC • OLDS 10400 W. MAIN BELLEVILLE 397-8200		BUICK '92 Roadmaster Estate Station Wagon, Full Power Equipment, 8 Cylinder Engine, 3 rows of seats, great car for the large family. Only \$15,900. ELDER CADILLAC • OLDS 10400 W. MAIN BELLEVILLE 397-8200		FORD '93 Taurus G. L. Sedan, Automatic, Air, Automatic, Tilt, Cruise, 6 Cyl. and like new tires. Excellent Condition. ELDER CADILLAC • OLDS 10400 W. MAIN BELLEVILLE 397-8200			
Speedway Salvage \$ Pays TOP DOLLAR for JUNK CARS \$ 876-3366 \$		"NEW PROGRAM" FOR CREDIT PROBLEM CUSTOMERS ★ Low Money Factors ★ Short Term Loans ★ New Or Used Vehicles		YOU DON'T HAVE TO DRIVE JUNK! Mick Hoepfinger 843-4431 or FAX 843-5728 11700 Gravois, St. Louis 63127 SUNSET FORD		Drive A Little Save A Lot Quality Yourself 1994 BUICK REGAL CUSTOM 4 Dr. Light Jadestone, Leather, Sharp 1994 GMC SAFARI VAN Burg., Power Windows, Lock, Cruise, A Great Traveler 1994 FORD ESCORT WAGON White, Rack, Great Economy Car 1994 NISSAN MAXIMA 4 Dr., Dark Jade, Fully Equipped, 8xxx Miles (3) 1993 BUICK LESABRE (1) Beige Jade, W/Leather, (2) Customs, White & Polo Green 1993 BUICK ROADMASTER LIN. White 2 Tone, Leather, Lumber Seats, Loaded 1993 BUICK REGAL 4 Dr., Ruby Red, Full Power, Sunroof, Loaded 1993 BUICK PARK AVENUE , Smoky Amethyst, Fully Equipped 1993 CHEVY LUMINA EURO , White, 4 Dr., Full Power, Alum. Wheel (2) 1992 BUICK LESABRE CUSTOMS (1) Red, (1) Beige, Full Power 1992 FORD CROWN VIC. Gray, Full Top, Loaded, Only 18xxx Miles 1991 CHRYSLER LEBARON CONV. Burg. & White, Sharp 1990 BUICK LESABRE CUST. Ruby Red, Full Power, Only 48xxx Miles See These and many more quality used cars at: ERWIN BUICK, INC. 608 S. Jefferson, Mascoutah, IL 62258 Ph. 566-2171 537-6634					

Family Transportation Specials At Dave Sinclair Ford

1995 Orange Conversion Van Clearance Sale

Over 40 1995-96 Vans In Stock



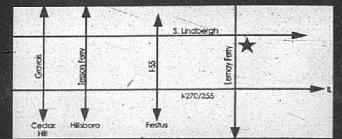
**Prices Starting At
\$19,995**
After Rebate

Orange Vans
Built In Missouri
#1 In Quality & Customer Satisfaction 2 Years Running
High Top Conversion Vans In Stock



Thank you and here's my address
Dave Sinclair
Your South County Ford Dealer!

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1-800-BUY-FORD
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**Close Out on
95 Aerostar
As Low As
\$15,695**



**96 Rangers Starting At
\$9,295**
After Rebate



4.8% on \$600 Rebate

\$1200
MINIMUM TRADE
FOR YOUR
OLD CAR!

Limit One, Offer Expires Feb. 3

CARS

	AFTER TRADE
88 CHEV CAPRICE CLASSIC	\$4,295
4 Dr., Two-Tone, Clean	\$5,495
89 FORD CROWN VICTORIA LX	\$2,700
4 Dr., Loaded, Red	\$4,900
89 BUICK RIVIERA	\$2,700
Loaded, White	\$4,900
97 MUSTANG	\$2,790
Air, Dve, Gray	\$3,795
99 LEAMAN'S DR	\$2,795
Automatic, Air, 77,000 Miles	\$3,995
87 THUNDERBIRD	\$2,795
Low Miles, Lots of Options, Clean	\$4,495
91 HONDA SONATA	\$2,795
4 Dr., V6, Blue, Low Miles	\$4,900
85 ESCORT WAGON	\$2,790
Automatic, Air, Clean	\$2,695
88 MITSUBISHI Diamante	\$2,795
LX, Automatic, Low Miles	\$4,550
99 MERCURY SABLES	\$2,795
Loaded, Low Miles	\$6,500
93 TAURUS LX	\$2,795
Fully Loaded, White, Low Miles	\$9,975
93 TAURUS GL	\$2,795
4 Dr., Gray, Low Miles	\$9,450
87 TAURUS WAGON	\$2,795
Maroon, Low Miles, 3rd Seat	\$5,450
89 MASERATI CONVERTIBLE	\$2,795
Both Tops, Loaded, Leather	\$8,950
99 CADILLAC DES. DEVILLE	\$2,795
Gray, Loaded, Clean	\$9,975
91 CADILLAC C.P. DEVILLE	\$2,795
Champaign, Loaded	\$8,995
89 FORD THUNDERBIRD	\$2,795
LX, Loaded, Blue, Low Miles	\$6,795
91 HONDA ACCORD	\$2,795
4 Dr., Auto, Clean	\$7,995
89 ESCORT 2 DR	\$2,795
Std. A/C, Red, Clean	\$2,995
COVERTTES	\$1,795
79 CORVETTE L-82	\$2,795
White, Loaded	\$8,990
82 CORVETTE	\$2,795
Black & Tan	\$10,900
84 CORVETTE	\$2,795
Champaign, Two-Tone, Low Miles	\$10,995
VANS	\$2,795
93 FORD CLUB WAGON	\$2,795
Loaded, Dual A/C, 5 Passengers, 70,000 Miles, New	\$12,900
93 FORD CARGO VAN	\$2,795
V6, Auto, Loaded	\$12,995
86 CHEV ASTRO VAN	\$2,795
8 Passengers, Astro, Air	\$4,990
SUBURBANS	\$2,795
90 CHEV SUBURBAN	\$2,795
Conversion, Loaded, Dual A/C, Rear Cargo Area, Low Miles, Tow Pkg.	\$13,900
89 GM SUBURBAN	\$2,795
Conversion, Loaded, Dual A/C, Rear Cargo Door, Low Miles, Tow Pkg.	\$12,900
87 CHEV SUBURBAN	\$2,795
Loaded, Heavy Duty 1/2 Ton, Dual Air, Low Miles, Tow Pkg.	\$9,950
TRUCKS & 4X4'S	\$2,795
91 GMC SONOMA	\$2,795
4.3 Engine, Automatic, Air	\$5,995
89 GM S-15	\$2,795
4 Cyl. Std. A/C, Shell	\$4,195
85 GMC SIERRA	\$2,795
Automatic, Gold, Clean	\$4,850
84 GMC SIERRA	\$2,795
V6, Auto, Air, Clean	\$3,850
87 FORD F250 DURALLY	\$2,795
Ext. Cab, 460 Eng., Std. Air	\$7,990
92 CHEV SCOTTSDALE	\$2,795
Red & White, 350, Auto, Air	\$10,500
89 CHEV. 1-TON DULLY	\$2,795
Silverado, 454, Loaded	\$11,500
81 FORD F150 4X4	\$2,795
One Owner, 351, Auto, Air, Like New	\$5,450
92 FORD F150	\$2,795
6 Cyl. Std. A/C, Matching Shell	\$9,950
88 FORD F250	\$2,795
8 Cyl. Auto, Air, Blue	\$7,995
91 FORD F150 4X4	\$2,795
351, Automatic, Air, Tan	\$10,995
CHEV Y-10 TRAILER	\$2,795
Dually, 15' L, Loaded, 450 Engine, Color Matched, 30,000 Miles	\$22,995
83 FORD F-150	\$2,795
Stake Bed, V8, Auto, Clean	\$2,995
88 FORD RANGER	\$2,795
Std. Gray, Clean	\$3,750
85 BRONCO II	\$2,795
Eddie Bauer Edition, Auto, Loaded, 351, Auto, Air	\$5,900
84 BRONCO II 4X4	\$2,795
Std. Blue, Air & White	\$3,795
88 BLAZER S-10 4X4	\$2,695
Blue, Auto, Loaded	\$7,990

• BANK FINANCING AVAILABLE •

**American
Auto-Rama, Inc.**

4255 Hwy 111 - 1 Mile S. Hwy 270
Pontoon Beach, IL**931-2501****HONDA**

"84 ACCORD Auto, Air

★ \$1,995 *

We Finance Almost Anyone

Concessions 711 Manchester 642-2020

157 1/2 Winter St., Granite City, IL

622-2500 Winter St., Granite City, IL

320 HELP WANTED

DRIVERS
Browning Ferries Industries of St. Louis is currently looking for drivers to fill immediate openings at the Bio-Tech Medical Waste System Inc. Facility. We offer excellent training, advancement opportunities, a challenging career and job security. Apply in person, Monday-Friday from 8:30am-4pm.
800-264-5333
Browning Ferries Industries
800-264-5333
St. Louis 63147

DRIVERS Local company hiring Route Drivers. Drivers must have at least 2 years verifiable truck driving experience and ability to pass physical and drug screening. Must be a hard working, efficient driver. Good pay, good benefits. Must be a hard working, dedicated employee. 800-335-6192 ext 106 EOE.

320 HELP WANTED

IMMEDIATE FULL-time and on-call positions available in the medical field. We are caring persons interested in teaching patients how to live with their disease. Individuals with developmental disabilities and/or mental retardation should be patient and possess good communication skills. Some evenings and late night hours are required. Starting pay \$11.50/hour. To apply call Julie at 251-2000.

JANITOR: Full time. Must have reliable vehicle. Hours are flexible. Starting \$200 per week. Apply 618-565-2000.

MECHANIC, DIESEL TRUCK & TRAILER, Experience plus. 314-300-2001.

ACCOUNTING

ROMAC currently has openings for all levels of accounting positions.

- * CPA owned
- * Payroll
- * Temp
- * Team
- * Locally owned & operated
- * Offices Nationwide

Call 569-9898
to discuss your background.

ROMAC/TEMP

Drivers - O.T.R.

Truckload carrier searching for qualified drivers. Must have 1 year recent experience and a safe driving record. We operate in a 12 state midwestern and Ontario, Canada. Competitive pay, major medical insurance and 401K pension plan. Freight is primarily automotive parts (no touch loads). Home weekly.

Pay Structure:

Starting pay \$28 per mile

After 6 months \$3.30 per mile

After 1 year \$3.50 per mile

(Ask about our experienced driver pay.)

Teams Needed:

1-800-898-9778 Ext. 18

Ext. 3005 & 3006

JDC Logistics, Inc.

IMMEDIATE OPENING

In our Classified Dept. Entry level \$5.00 per hour, plus commission. Hours 8 a.m. to 5 p.m. Must be mature, organized and able to deal with deadlines. Typing a must, computer knowledge a plus. We offer medical/dental, and 401K plan.

To Apply:

Granite City Press Record

1815 Delmar Ave.

Granite City IL 62040

NO PHONE CALLS PLEASE

WANTED

RECEPTIONIST/FILING CLERK IMMEDIATE OPENING FOR 20 TO 30 HOURS PER WEEK. DAY, EVENING AND EVENING HOURS INCLUDING SATURDAYS. APPLY IN PERSON AT:

DAVE CROFT MOTORS

901 N BLUFF ROAD

COLLINSVILLE, IL

(618) 344-0202

MEDICAL/HEALTHCARE CAREERS

CNA'S
NEEDED NOW!

For shift relief in long term care facilities and private duty. Also need CHAs who are able to care for children and private duty in hospitals. For more information, call Tracy Kowarz.

Operations Manager
Firstst Nursing Service
872-9833
2222 Schutte Rd.

Part time

COOK AIDE

Immediate Part time
Opening. Great starting salary.

Apply in person:
BRIDGTON NURSING
CENTER
12145 Bridgton Sq Dr
Bridgton 63444
ECE MFRV

MEDICARE NURSE
SUPERVISOR

We are seeking a dynamic, forward-thinking supervisor for our home health agency serving the St. Louis area. We are seeking a professional with 2+ years Medicare patients. This is a great opportunity leading to Director of Nursing for the successful candidate.

Must have relevant experience in Medicare. St. Louis area and demonstrated supervisory skills. Call Tracy at 618-933-1200. Approximate start date 1/1/97.

FIRSTST

Nursing Services
2222 Schutte Road
St. Louis, MO 63146

NA/CNA/CMT
READY FOR A CHANGE?

Come see our new skilled addition and join our caring, dedicated staff.

* 12 hr shifts DOWNTIMES
* 3 shifts DOWNTIMES
* Paid certification class
* Shiftwork differential

Accepting Applications
Hospice/Homeprof Laundry
& Dietary Dept.

BROOKING PARK
307 S. Wood Mill Rd.
O'Fallon, IL 62269
576-5545

Equal Opportunity Employer

<p

This image is a collage of various classified ads from a newspaper, featuring sections like Classified Ads, Business Opportunities, and Personal Ads. The ads are arranged in a grid-like fashion, each with its own unique layout and content. Some ads include images, while others are purely text-based. The overall style is that of a vintage newspaper, with a focus on local business and community information.

2100 HOMES FOR SALE
REMODELLED, BEDROOMS, 1½ stories, 2½ stories, outbuildings, mid 60's. Ask for Vic Voss, 451-5331. Real Estate Professional.



**EQUAL
HOUSING
OPPORTUNITY**

All real estate advertising in this newspaper is subject to the Fair Housing Act of 1968. If it is illegal to advertise any preference, limitation or discrimination on race, color, religion, sex or national origin, or any other basis, or any such preference, limitation or discrimination.

This newspaper will not knowingly accept any advertising for real estate which is in violation of the Fair Housing Act. Advertisers are hereby informed that all dwellings and services listed in this newspaper are available on an equal opportunity basis.

2315 CAHOKIA
OWNER WILL FINANCE \$3000 house, \$1500 down, \$400 monthly, 10% interest. Call for an appointment. 451-5266. Jim Jones, Cahokia.

2325 COLLINSVILLE & VICINITY

FREE SEMINAR

Discover the unique homebuilding program that can help you work or the subcontracting yourself. By eliminating middlemen you can save money and earn equity potential.

We provide attractive construction plans, NO MONEY DOWN materials and your land does not have to be paid in full.

SEM2

Date: February 6, 1996

Time: 7:30 pm

Location: Holiday Inn

Collinsville, IL

1-800-343-2884 Ext. 1

MILES HOMES

2355 GRANITE CITY & VICINITY

HOUSE FOR SALE BY OWNER. 3 bedrooms, full bath, built with all whirlpool tub, laundry room, instant water, damasked garage, 3 decks, 2 porches, 2 car garage. 18 X 50 3 bedroom mobile home, 50 x 100, \$15,000. 451-4934.

2430 LOTS/ACREAGE FOR SALE

1720, 1710 - BEAUTIFUL BUILDING SITES, 1 acre, and 1.75 acres, water and sewer hookups, 1/2 mile from the District. Call Holzinger Real Estate, 451-5266. Jim Jones, Dorothy.

1000 E. Lincoln Highway, Rolling Meadows, IL 60008. 708/934-7065. 100' lots, 100' frontage, 100' deep. Call 618-344-2659.

BUILD NOW!! LOTS \$21,500 & UP

Restricted Subdivision.

Utilities 2 plus \$15, Min. lot size 100' x 100'. To

Mail: 1000 E. Lincoln Hwy.,

Collinsville, IL 62234

Call 618-344-2659

COLLINSVILLE

• Deer Creek

• Crestwood Estates

• Forest Park

• MARYVILLE

• Rolling Meadows

• Rosedale

• TROY

• Park Forest

• Forest Park's

• Criswicks

• Glen Ellyn

• Meadowbrook

• Woodlawn

• Woodlawn 100's

Lots Available All Locations

OSBORN PROPERTY MANAGEMENT

344-5787

2440 MOBILE/FIR'D HOMES FOR SALE

1995 Fairmont Single Wide, Mobile Home, 14x30 W/Expandable, 3 BD, 2 BA, 1-½ story, new central air, Good Condition. Setup in Granite City Park. Banks says sell.

Call Quality Beach Homes

618-797-6034

We Buy Used Homes

Call 314-437-4705

Owner will finance. Home set up in Park 314-931-5008

Owner Finance Land

with 5% Repay.

Only \$150 Down!

With Terms Negotiable

Call Robert 314-531-1093

For Sale by Owner

Call 314-437-4705

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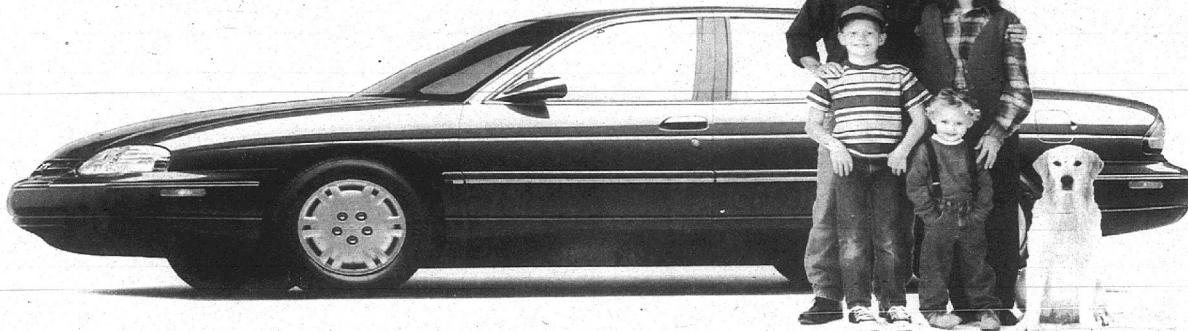
With Terms Negotiable

Call Robert 314-531-1093

For Sale by Owner

Call 314-437-4705

A great family value just got better:
**4.8% APR Financing
on Chevy Lumina.***



And priced \$2000 less than Taurus GL[†]

	CHEVY LUMINA	FORD TAURUS GL	TOYOTA CAMRY DX
BASE M.S.R.P.	\$16,895	\$19,150	\$17,978
Seating Capacity	6	6	5
Trunk Capacity	15.7 cu. ft.	15.8 cu. ft.	14.8 cu. ft.
Engine	3100 V6	3.0 L V6	2.2 L 4
Horsepower	160 @ 5200	145 @ 5250	125 @ 5400
Torque	185 @ 4000	170 @ 3250	145 @ 4400
Air Conditioning	Standard	Standard	Optional
Scotchgard™ Protectant	Standard	Not Available	Not Available
Dual Air Bags	Standard	Standard	Standard
Power Door Locks	Standard	Optional	Optional
PASS-Key theft-deterrent system	Standard	Not Available	Not Available
24-Hr. Roadside Basic Care Program*	Lifetime of Ownership	3 yrs./36,000 miles	Not Available

Lumina. It's a car your family can trust.

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